

ROAD MAP CHECKLIST



- I have printed and displayed the **Road Map** and this **Checklist**

SHOCK

- I was able to get clarity on why the breakup happened
- I was not able to get clarity, but recognise it's time to move on

- We have chosen to fight to fix our relationship
- We have chosen a method (such as couples counselling)
- We have found a professional to assist us

- We have reached the Point of No Return – it's time to move on

TRANSFORM

Legal:

- You have selected a legal advisor
- You have obtained an initial consultation and received basic legal advice
- We have selected a legal method for navigating divorce (such as mediation)
- We have a signed separation agreement

Financial:

- I have selected a financial advisor / or chosen to complete the financials myself
- I have completed a financial review (Form E in the UK)
- I have taken sensible measures to protect my personal finances
- I have an understanding of what the 'Marital assets' are
- I have an understanding of what my personal assets are
- I have done the math and I know where I plan to live

- I have cancelled relevant accounts and created new ones (such as bank accounts)
- I have a revised post-divorce budget completed

Emotional:

- I am aware that it is 'normal' for my emotions may fluctuate during the divorce process
- I have created a stable and healthy daily and weekly routine
- I have improved my exercise by at least 10%
- I have taken sensible measures to create and maintain healthy boundaries, particularly regarding communication
- I communicate via text methods
- I use non-combative language
- I take the time and get the guidance necessary to make well-informed decisions
- If *triggered* I wait 24 hours before responding

Parental:

- I recognise I will effectively be demonstrating to my children how to deal with and overcome adversity
- I/We have communicated to the children about our breakup
- We have chosen an expert to assist us with this process
- We have agreed a Co-Parenting Plan
- We have agreed a Child Support Agreement

Social:

- I have selected the family & friends and informed them of the breakup
- I have selected key colleagues and preferable one sympathetic boss and told them about my situation
- I am continuing to work professionally at work
- Where necessary I have taken some time off work to process matters
- Social media – I have chosen to take a break for now
- I have selected a professional coach to assist me in my transformation journey
- I have found one or several support networks

AWAKEN

- I am continuing to practise self-care
- I'm embracing this opportunity for change and personal growth
- I've completed several SMART goals I plan to achieve

RELEASE

- I recognise that with Divorce I would never have had the opportunity for such personal growth
- I have listed the benefits of being alone
- And that being 'alone' is a choice
- I have a detailed vision of where I want to be in 10 years time
- I have completed the psychological dating test in the Road map and passed
- I have chosen a method/s that I can date potential partners (such as online dating)

LINKS

I have visited the following;

- [Divorce Club](#)
- [Divorce Club Events](#)
- [Divorce Club - Blogs](#)
- [Divorce Club Directory](#) (the largest online Divorce directory in the world)