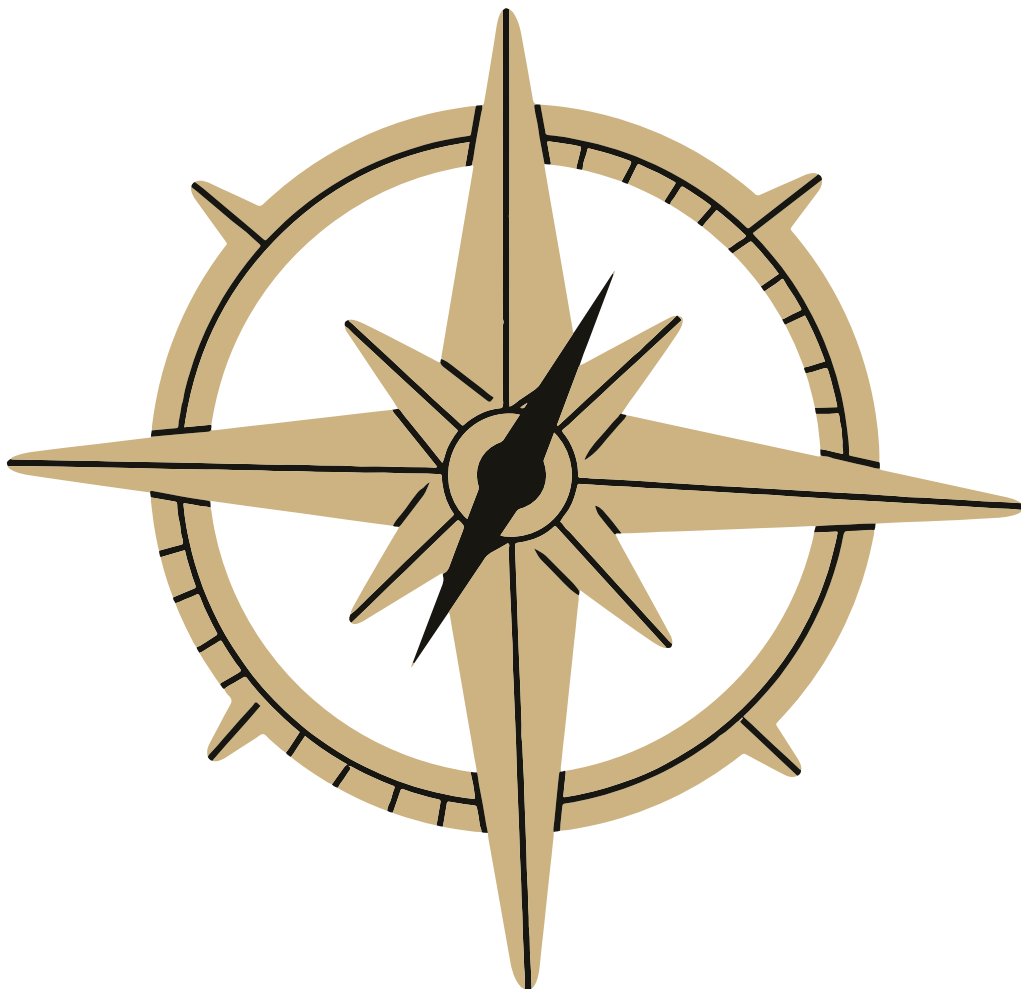


thrivent[®]

Navigating Divorce



This resource is designed to give you a private place to collect your thoughts and important information about you and your priorities. You'll have all the information in one place, so you can access it easily. This document is for you only; it will not be collected by Thrivent. **Keep the document in a safe place so it remains confidential.**

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The basics

Your relationship

Personal data

Gather as much personal data as you can about you, your spouse and your children (if applicable). Write down:

Your name (and maiden name if applicable): _____

Spouse's name (and maiden name if applicable): _____

Home address: _____

Home phone number: _____

Your age and place of birth: _____

Spouse's age and place of birth: _____

Length of time you've lived in this state: _____

Make sure you have your green card(s) and immigration papers, if applicable.

Social media and email accounts shared with spouse:

Children's names and dates of birth:

Children who have custodial arrangements; list their names and birthdates:

Your state of mental and physical health (e.g., I'm maintaining, I feel in control, I may turn to a professional for help):

Facts about your marriage

When and where did you get married? _____

Did you sign a prenuptial agreement? Yes No

If yes, make sure you have a copy of the agreement.

Have either of you been married before? Yes No

Details of your previous divorce(s) may be helpful to record in some way and keep for reference.

What are your grounds for divorce (if applicable)?

What is your date of separation? _____

Name and address of the attorney representing your spouse:

Was there any abuse in the marriage? Yes No

You should tell your attorney if you were a victim or perpetrator of abuse. Knowing about the abuse allows your attorney to acquire orders of protection for you and your children, if needed.

Employment information

Your work address: _____

Your work phone number: _____

Spouse's work address: _____

Spouse's work phone number: _____

Your current employment and income:

Spouse's current employment and income:

Your education/degree training: _____

Spouse's education/degree training: _____

Your job history (companies and dates):

Your spouse's job history (companies and dates):

Your employee benefits (e.g., health plan, disability income insurance, child care benefits, transportation benefits, paid time off):

Your spouse's employee benefits:

Your retirement or pension plans:

Your spouse's retirement or pension plans:

The basics

Your priorities

Use this worksheet to help you identify your priorities before entering into negotiations and share this information with your attorney.

Property division

My priorities are:

My spouse's priorities are:

Finances (spousal support, division of assets and debts)

My priorities are:

My spouse's priorities are:

Children (spousal, custody, visitation)

My priorities are:

My spouse's priorities are:

Note: If you and your spouse do not agree on custody, write down why you feel your proposed custody arrangements are reasonable and in your children's best interest, and why your spouse's proposed custody arrangements may not be.

The basics

Your team

Assemble a team of trusted professionals to support you during the divorce process and beyond.

Accountant _____ Phone _____ Email _____

Attorney _____ Phone _____ Email _____

Career coach _____ Phone _____ Email _____

Child's teacher _____ Phone _____ Email _____

Faith leader _____ Phone _____ Email _____

Financial advisor _____ Phone _____ Email _____

Mentor _____ Phone _____ Email _____

Parenting consultant _____ Phone _____ Email _____

Realtor _____ Phone _____ Email _____

School counselor _____ Phone _____ Email _____

Therapist _____ Phone _____ Email _____

Other _____ Phone _____ Email _____

Other _____ Phone _____ Email _____

Other _____ Phone _____ Email _____

Assets

Household inventory

Make one copy of this page for every room in your home. Fill in the blanks as you decide who gets what. The inventory may be helpful during your formal property division and creates a list of what you'll need for your new home.

Item	Description and Serial #	Qty.	Purchased During Marriage		Approximate Value	Who will keep it?		
			Yes	No		You	Spouse	Dispute
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				
			Yes	No				

Assets

Financial asset inventory

Use this list to record each asset you and your spouse own: financial accounts (including banks, investments and CDs); retirement accounts; real estate; businesses; vehicles; patents, copyrights, royalties; antiques, art and collections; cash-value life insurance; licenses and degrees (if applicable). Note in the Source of Payment column whether marital or nonmarital funds were used to purchase the item. If you are unsure, consult your attorney or tax professional.

Asset Description	Date aquired	Titleholder	Cost	Source of Payment	Value as of (date)

Assets

Insurance contracts

Try to locate all your pre-divorce insurance contracts and record information about each. Before you do, though, print a couple blank copies of this page so you can also record new contracts and contact information.

Life insurance

Insurance company: _____

Contract number: _____

Agent's contact information:

Type of insurance: _____

Expiration date: _____ Premium: _____

Owner: _____

Beneficiary: _____

Death benefit: _____

Loans: _____

Net cash value and as of date: _____

Health insurance (including accident and major medical)

Insurance company: _____

Contract number: _____

Agent's contact information:

Type of insurance: _____

Expiration date: _____ Premium: _____

Persons insured:

Homeowners or renters insurance

Insurance company: _____

Contract number: _____

Agent's contact information:

Type of insurance: _____

Expiration date: _____ Premium: _____

Named insured: _____

Vehicle insurance (car, truck, motorcycle, boat, snowmobile, etc.)

Insurance company: _____

Contract number: _____

Agent's contact information:

Vehicles insured: _____

Expiration date: _____ Premium: _____

Named insured, owner or beneficiary: _____

Other insurance

Insurance company: _____

Contract number: _____

Agent's contact information:

Type of insurance: _____

Expiration date: _____ Premium: _____

Named insured: _____

Expenses

Make two copies of the expenses chart. Label one “Pre-divorce” and the other “Post-divorce.” Start by creating your pre-divorce scenario, then go to the post-divorce chart and carry over each expense with an increase or decrease in its value. For example, if you will need to hire someone to do tasks your spouse typically does, those expenses will be an increase. Food expenses, on the other hand, would decrease.

Home

	Monthly expenses	Annual expenses
Rent/mortgage	_____	_____
Homeowner/association fee	_____	_____
Home equity loan	_____	_____
Property taxes	_____	_____
Telephone	_____	_____
Cell phone	_____	_____
Internet	_____	_____
Security system	_____	_____
Cable/satellite	_____	_____
Electricity	_____	_____
Gas	_____	_____
Water/garbage	_____	_____
Landscape/lawn maintenance	_____	_____
Snow removal	_____	_____
Home repairs/maintenance	_____	_____
Home improvement/upgrades	_____	_____
Housecleaning	_____	_____
Miscellaneous household/pool	_____	_____
Other	_____	_____
Total home expenses	_____	_____

Food

	Monthly expenses	Annual expenses
Groceries	_____	_____
Dining out	_____	_____
Total food	_____	_____

Clothing

Clothing	_____	_____
Laundry/dry cleaning	_____	_____
Total clothing	_____	_____

Entertainment/recreation

Entertainment (excludes dining out)	_____	_____
CDs/DVDs/streaming	_____	_____
Hobbies	_____	_____
Movies and theater	_____	_____
Vacations/travel	_____	_____
Classes/lessons	_____	_____
Total entertainment/recreation	_____	_____

Medical (not covered by insurance—excludes children)

Physicians	_____	_____
Dentists/orthodontists	_____	_____
Eye doctors/glasses/contacts	_____	_____
Prescriptions	_____	_____
Total medical	_____	_____

Insurance

Life	_____	_____
Health	_____	_____
Disability income	_____	_____
Long-term care	_____	_____
Home	_____	_____
Auto	_____	_____
Other (umbrella, boat, cottage, etc.)	_____	_____
Total insurance	_____	_____

Other

	Monthly Expenses	Annual Expenses
Postage	_____	_____
Gifts/holiday expenses	_____	_____
Medications/supplements	_____	_____
Toiletries	_____	_____
Salon/hair/nails	_____	_____
Pet care/vet	_____	_____
Books/newspapers/magazines	_____	_____
Donations	_____	_____
Membership/clubs	_____	_____
Miscellaneous	_____	_____
Total Other Expenses	_____	_____

Transportation

Auto payment	_____	_____
Fuel	_____	_____
Maintenance	_____	_____
License	_____	_____
Public transportation	_____	_____
Total Transportation	_____	_____

Other payments

Credit cards	_____	_____
Quarterly taxes and additional tax payments	_____	_____
Spousal support payments	_____	_____
Eldercare expenses	_____	_____
Professional fees (financial, tax, legal professionals)	_____	_____
Service fees (banks, investments, etc.)	_____	_____
Other	_____	_____
Total Other Payments	_____	_____

Child-related expenses

	Monthly Expenses	Annual Expenses
Education/tuition	_____	_____
School lunches	_____	_____
Counselor	_____	_____
Sports/camps/lessons	_____	_____
Hobbies/clubs	_____	_____
Field trips/school activities	_____	_____
Toys/games	_____	_____
Clothing	_____	_____
Medical	_____	_____
Dental/orthodontics	_____	_____
Eye doctor/glasses/contacts	_____	_____
Prescriptions	_____	_____
Allowance	_____	_____
Haircuts	_____	_____
Transportation	_____	_____
Miscellaneous	_____	_____
Total child-related expenses not covered by insurance	_____	_____
Total expenses including children	_____	_____

Generosity

Generosity planner

Spreading generosity often adds meaning to our lives, especially during times of personal stress. Write down some ways you could help strengthen your community by helping people and organizations in need.

Time

Volunteering at places and with people that bring you joy:

Talents

Sharing your skills and talents with the world:

Resources

Giving as an expression of your values and purpose:

Thrivent and its financial advisors do not provide legal, accounting or tax advice. Consult your attorney or tax professional.

