



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Asset List

Before you meet with your attorney, and definitely before an historical analysis, make a list of all your assets.

Item	Value	Notes
Real Estate Property		
Vacation Property		
Car(s)		
Motorcycles		
Jewelry		
Art		
Boat		
Pension		
IRA		
401(k)		
403(b)		
Precious Metals		
Stocks		
Bonds		
Mutual Funds		
Seasons Tickets/Licenses (Baseball, Football, Hockey, Soccer, Basketball, Theater, Ballet, Etc.)		



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Asset List

continued

Item	Value	Notes
Antiques - Furniture, Flatware, Crystal, China, Art		
Insurance Policies (Life, Term, Whole, Annuities)		
Grave Plots		



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The Five-Day Expense Checklist

Category	Day 1 Amt.	Day 2 Amt.	Day 3 Amt.	Day 4 Amt.	Day 5 Amt.
Rent/Mortgage Payment					
Utilities Land line phone					
Internet					
Cell Phone					
Car Payment					
Car Insurance					
Homeowner / Renter Insurance					
Life Insurance					
Health Insurance					
Tuition (for children)					
Babysitters/Daycare					
Lawn Care					



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Category	Day 1 Amt.	Day 2 Amt.	Day 3 Amt.	Day 4 Amt.	Day 5 Amt.
Appliance Repair / Replacement Fund					
Water Bill					
Snow Removal					
Pest Service					
Furniture replacement					
Food					
Gas					
Car repair fund					
Pool Maintenance					
Vacations					
Summer Camp for Children					
Dental Expenses					



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Category	Day 1 Amt.	Day 2 Amt.	Day 3 Amt.	Day 4 Amt.	Day 5 Amt.
Doctor Expenses					
Prescriptions / Over-the-counter medical supplies					
Haircuts					
Clothing Allowance					
Credit Card Expenses					
Taxes					
Others					