

Getting a Fair Deal

Divorce

Negotiation

Worksheet

This worksheet is designed to help individuals navigate the complexities of divorce with clarity, confidence, and preparation. It serves as a structured tool to organize your thoughts, priorities, and strategies, ensuring you are ready for negotiation and decision-making.

Instructions for Use

Fill out each section honestly and thoroughly.

Revisit and update as needed during the negotiation process.

Share with trusted professionals or keep it for personal guidance.









01 Personal Reflection - Define Your Top Priorities

What are the must-haves for you in this divorce?

①

②

③

Where do you see yourself in 5 years?

How does this affect your decisions now?

02 Compromise Strategy - Identify Compromise Areas

List the aspects of the settlement where you are willing to compromise:

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●

●

For each priority, have a second-best option ready:

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●

●

03 Current Financial Inventory (Continued)

List your Liabilities (*Liabilities are financial obligations or debts that you owe, either individually or jointly with your spouse. These include: Mortgages, Car Loans, Credit Card Debt, Personal Loans, Student Loans, Tax Obligations, Other Debts: Medical bills, business loans, or any other financial obligations.*)

Asset Type	Description	Estimated Value	Ownership (Shared / Individual)

NOTE:

Identifying liabilities is equally important as listing assets to ensure a comprehensive understanding of your financial situation and fair allocation of both debts and assets during the divorce process.

04 Personal Reflection - Define Your Top Priorities

Identify parts of your current lifestyle that might need to change

People and resources to help you transition

05 Negotiation Preparation

For each dispute point, estimate the cost (time, money, emotional) vs. the benefit of winning:

Dispute Point	Cost	Benefit

List out the most critical issues and your preferred outcomes

Critical Issue	Preferred Outcome

06 Communication

How will you communicate your needs effectively?

How will you listen to the other party?

Identify emotional triggers

Plan strategies to stay calm

07 Moving Forward

Recognize no outcome may be perfect. Write down what you can accept:

Plan activities to help find peace post-divorce

08 Additional Resources

List Divorce coaches, financial advisors, and therapists who can support you:

Person	How they can help	Contact

Books, courses, or seminars to help you navigate your divorce

Resources

09 Notes Section

Use this space for reflections, insights, or additional considerations
