

After Divorce Logistics Checklist

Overview

Divorce marks the end of one chapter and the beginning of another. While emotional healing is critical, managing the practical side of life after divorce is equally important. This checklist is designed to help you navigate the logistical, financial, and personal adjustments in a structured way. By addressing these key areas, you can regain stability, protect your assets, and create a solid foundation for your next chapter.

This checklist covers:

- **Legal and documentation updates**
- **Financial and insurance adjustments**
- **Housing and household logistics**
- **Children and co-parenting arrangements**
- **Emotional and personal well-being**

Checklist

1. Legal and Documentation

- ☒ Update your legal documents:
 - Driver's license, passport, and other IDs
 - Will, trust, or estate plans
 - Power of attorney and healthcare proxy
- ☒ Ensure all divorce agreements are finalized and stored securely
- ☒ Notify relevant institutions of your name change (if applicable)

2. Financial Matters

- ☒ Open new bank accounts and credit cards in your name
- ☒ Close joint accounts or remove ex-spouse from shared accounts

- ☒ Update beneficiaries on life insurance, retirement accounts, and other investments
- ☒ Review your credit report for accuracy
- ☒ Adjust budget to reflect new income and expenses
- ☒ Consult a financial advisor if necessary to reorganize assets and debts

3. Insurance Updates

- ☒ Health insurance: confirm coverage for yourself and children
- ☒ Life insurance: update beneficiaries
- ☒ Auto insurance: adjust coverage and remove ex-spouse if needed
- ☒ Home or renter's insurance: update policies with your new address or living situation

4. Housing and Household

- ☒ Decide on living arrangements (buy, rent, move in with family/friends)
- ☒ Update your address with USPS, banks, employers, and subscriptions
- ☒ Change locks or security codes if necessary
- ☒ Inventory household items and determine ownership

5. Children and Co-Parenting

- ☒ Update school and medical records with custody information
- ☒ Establish clear parenting schedules and communication methods
- ☒ Review childcare, extracurricular, and transportation arrangements
- ☒ Discuss financial responsibilities and update agreements as needed

6. Emotional and Personal Well-Being

- ☒ Seek therapy or support groups if needed
- ☒ Reconnect with friends and family
- ☒ Set personal goals for career, hobbies, and social life
- ☒ Allow yourself time to grieve and process the change

7. Technology and Online Accounts

- ☒ Update passwords and security settings
- ☒ Review social media privacy settings
- ☒ Remove ex-spouse from shared accounts or subscriptions

8. Legal Compliance and Notifications

- ☒ Notify your employer if necessary (for benefits, emergency contacts, etc.)
- ☒ Update voter registration
- ☒ Keep copies of divorce decree and custody arrangements accessible