



Figuring Out Your  
Divorce Finances

THE 5 DAY CHALLENGE



DAY ONE: WELCOME



# Emma Heptonstall Divorce Coaching The 5 Day Challenge

## Challenge Name: Figuring out your Divorce Finances

### Day One

Today is all about getting you clear on where you're at and what you want to get out of this Challenge.

**You'll get the most out of it if you follow it every day.**

There may be some aspects that you'll realise you need to get more information on which may take time to arrive.

*That's ok.*

This challenge will build up into a working document so, when you're ready, you can complete the legal paperwork with ease, and be clear about the options available for you!

*Today, there are just **3 things** I'd like you to think about.*

Write down answers so you can review them and really gets a sense of how it all feels. It's normal to feel intimidated and scared, but that's part of the process of moving forward.

*You can do this!*

Dealing with your finances on divorce can be scary. That's normal. Some of you will feel quite relaxed and clear about completing your Financial Disclosure and the Form E and others will be having a total freak out about it!

Make a list of what you feel confident about and what scares you. Be honest and be brave. The more open you are now, the more you will get out of this challenge.





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What do you want to achieve from completing this challenge? Write down a list so you can check them off at the end.

What would you like to achieve from your divorce settlement? Write this down.

If you don't know, what do you think it might be? Are you hoping to stay in your home for example? would you like it to be sold. Take some time to think about this.

**That's it for today! Tomorrow we'll be looking at Assets.**

Keep an eye out in your inbox for the next email. Remember if you have any questions, pop me an email and I'll answer all your questions in a special audio after the challenge is completed!

