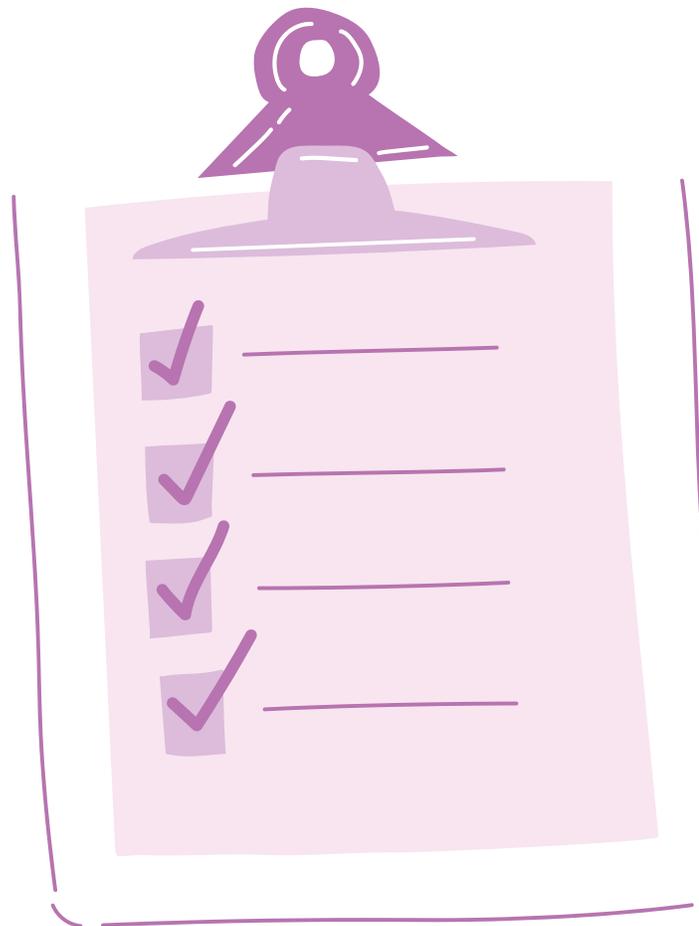


# Guide to Divorce Mediation: 10-Point Checklist

Congratulations on your decision to have a cooperative divorce. You will be saving thousands of dollars in legal fees *and* be in control of your destiny — not leaving it up to a judge who knows little or nothing about you and your life. You are focusing on your future.

This checklist will get your divorce mediation off to a great start and empower you to get your best result.



# Guide to Divorce Mediation

## Preparation

- Get a list of what you will need. Divorce involves lots of paperwork. Ask your mediator for a list of what you need to gather to make mediation productive and quicker.
- Determine your wants vs. needs. Your goal is to have all your needs met and to get some of your wants. This analysis should be more general (you probably won't know all the specifics yet) to keep you focused throughout mediation.

Example: I need to live in a good school district. I'd want to have enough money for a 3-bedroom home. I need to have a car to drive. I want to keep the nicer car we own.

## Understand the process

- What is the mediator's timeline?
- When will initial divorce forms be filed?
- What is required of both of us?
- Will we meet together or separately?

## Prioritize issues for max benefit

It's unlikely you'll resolve everything in one session. So what needs addressing now?

Example: I need to understand how we are going to pay existing bills before we can start addressing the bigger issues like how we are dividing the restricted stock units.

# Guide to Divorce Mediation

## Process

### Don't rush

It's a marathon, not a sprint. But don't be surprised if you don't get to the "substance" right away. You can't negotiate without knowing what's available to divide. Disclose & exchange info first.

### Get what you need

You know your life better than your mediator. If you think there's an asset that your spouse is not disclosing or maybe doesn't see it as something up for negotiation, NAME IT and ask for it. Transparency is important for mediation to work.

### Speak to a (mediation friendly) lawyer or a Certified Divorce Financial Analyst

Marriage = love + a financial contract. Falling out of love didn't just happen overnight and neither will dissolving the contract. This is a business deal and you may need some help.

### Prioritize wellness

You can't make good decisions if you feel unwell. Put your oxygen mask on first!

### Practical Tips

- Give to get.
- Have an open mind (but also have limits).
- Listen. Your spouse feeling "heard" could help you a lot in your negotiations.
- Prepare (know your best and worst-case scenarios).
- Read our (other) resources.

**Want to learn more about mediation  
and our other Hello Divorce options?**

**Schedule a FREE 15-minute planning  
call now**