



CALAMITA WEALTH MANAGEMENT

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Welcome to a sampling of our helpful book of tips we call “The Survival Kit for Women in Divorce”. Thank you for reading! Our team at Calamita Wealth Management truly hopes it helps you in this process and even beyond.

The concept of our Survival Kit for Women in Divorce handbook is that it is split into two books. The first is a Playbook for your heart, mind, and spirit. The second is a Financial Handbook that is to assist in such an important piece of this transition.

We decided that we wanted to share a few “sample” pages of our handbook with you. We would like to offer you a glimpse of what we can help with, as well as give you an idea of what you can expect from this handbook as a whole. Keep in mind, we created these pages to give you some bite-size pieces of what can feel extremely daunting when you find yourself in the throes of your emotional and financial transition. You may have heard the saying, “How do you eat an elephant? One bite at a time.” Well, when something is as large as the transition of divorce, it is not how difficult the task but how manageable you can make it. We feel simplifying some steps for you makes this transition less intimidating and more empowering to face the right way.

Please, enjoy some of our sample pages. We hope to give you a breath of air to continue moving forward and know that everything is going to be ok, in the right time, and with the right help. That is where we come in. So, here are just a few nibbles to give you a taste of what education, organization and a “good place to start” looks like. We would be happy to walk you through these pages, and more, if you like. Just because it is uniquely your own divorce process does not mean you need to go through it alone. Although, we cannot make your divorce transition painless; we would like to help you make more sense of it with some positive new steps forward.

Let’s have that conversation...

~ Calamita Wealth Management

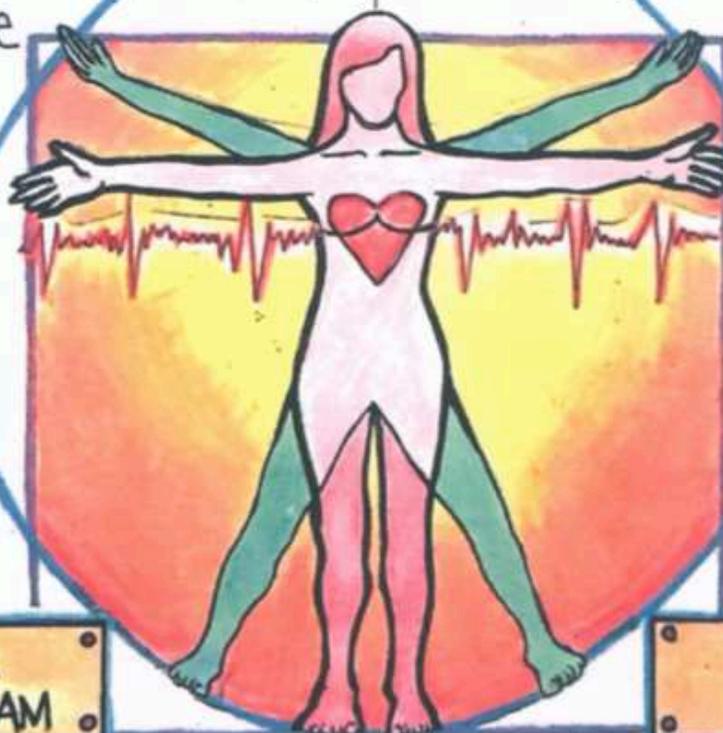
SURVIVAL KIT for Women In Divorce

PRIORITIZE SELF CARE

- Exercise Routine
- Spiritual Practice
- Social Circle
- Food for Life
- Sleep Hygiene
- Meditation
- Boundaries

NOURISH YOUR SOUL

- Self Assessment Practice
- Exercise Good Choice Options
 - ▷ Book Menu
 - ▷ Movie Menu
 - ▷ Activity Menu
 - ▷ Permission Slips



BUILD YOUR PROFESSIONAL TEAM

- Divorce / Collaborative Attorney
- Financial Advisor
- Mental + Emotional Health Coach
- Physical Care Provider
- And Others...

FIND YOUR DIRECTION

- How am I today? Why?
- Where is my nose pointed? Why?
- What do I want my life to be? Why?
- What is in my way to get to where I want to be? Why?
- What is my next right step? Why?



PRIORITIZE SELF CARE: *When I woke to find myself upside down in the throes of my divorce process, I barely knew sand from sky. The little voice inside of me said, “You just need to build a life raft for yourself, so you won’t drown.” This was the sequence of sticks I fashioned together to do just that. It worked. I eventually found myself safely to the shore. This is how:*

- **Exercise Routine:** What is a physical activity that you enjoy, energizes you and gets you to a different space?
- **Spiritual Practice:** Be a part of something greater than yourself. Do you have a practice that connects you to your higher self?
- **Social Circle:** Who are the people who care about you and you them? The ones with whom you can be yourself? Even at your most vulnerable? Transitional situations have a way to illuminate these special true friends in your life. Reach out to them and ask them to support you. Create regular engagements to support these connections.
- **Food for Life:** You really are what you eat. It can be easy to forget ourselves and our brilliant bodies that do so much for us, especially during these times of pain and emotional upheaval. Remember to give yourself the proper fuel you need for this journey.
- **Sleep Hygiene:** We know good hygiene is critical to good health; however, have you realized that hygiene applies to more than brushing your teeth and bathing. Sleep is a major component to proper health. During trauma, we can be thrown out of our normal healthy patterns.
- **Meditation:** Whether you are accomplished here or just beginning, this is a practice that you can customize to your needs. If you are saying to yourself, “I don’t have time to meditate.” Understand that this is when you need it the most.
- **Boundaries:** Did you realize that creating and establishing healthy boundaries for what you allow to enter you and move through you are actually a vital form of self-care? Boundary work can be challenging at first, but incredibly freeing and empowering.

For more information, please visit us at <https://www.calamitawealth.com/divorce-planning>.



FIND YOUR DIRECTION: *When going through big transitions, you may feel like some days you do not exactly know who's "driving the bus". Some days I would wake up feeling positive, strong, and sure-footed. Finally, I had completely gotten over my ex and this horrible nightmare of divorce. A few hours later, I hear a song on the radio, and I am sobbing. Eventually, I realized this rollercoaster was going to be a consistent "thing" as I processed through my own grief and loss cycle. However, I did grow to understand that asking myself a few simple questions did put me back in the driver's seat. Watch out, monkey...I'm taking back the wheel! Here's how:*

- **Questions to ask yourself on the daily:**

- **How am I today?**

Why? Because it is always good to know what you are doing and why. It helps to see the full frame of what is going on behind the curtain of your intention. Mindfulness.

- **Where is my nose pointed today?**

Why? Because you know that where your nose is pointed and your eyes are looking is where you will go, right? You are driving the bus. You get to choose.

- **What do I want my life to be today?**

Why? Again, you get to choose. Life is not about finding yourself; life is about creating yourself.

- **What is in my way to get to where I want to be today?**

Why? Because if you don't like your point of view, change the way you are seeing it. What is right about the situation? The negative is often easily available to us. Look just beyond the negative to see what is right about the situation. Solutions will be found there. Empowerment does not occur within victimhood. You have a choice and a team to help you.

- **What is my next right step today?**

Why? Because sometimes that is all you need to know. Pick the one that feels right to you from where you are standing. You have the tools in this kit to help guide and support you on your path. Do not get stuck in analysis paralysis. Keep agile and present. Utilize your inner guide and the support of your team. "You have brains in your head and feet in your shoes, you can steer yourself in any way you choose!"-Oh, the Places You'll Go!

- **Exercises to drive your day your way:**

- **List 3 things you are grateful for today:**

- **List 3 things you want to accomplish today:**

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GETTING A DIVORCE: PROFESSIONALS TO CONSIDER

- **Financial Advisor**
 - Assists with education of the financial pieces of the divorce settlement
 - How will I know what financial options to agree to?
- **Divorce Attorney**
 - Advocate for their client during a divorce
 - How do I file all the legal documents?
- **Mediator**
 - Facilitates negotiation and divorce settlement
 - How will my spouse and I ever come to an agreement?
- **Realtor**
 - Trained to handle the possible emotional conflict of selling a house during a divorce
 - How do I get my house ready to put on the market?
- **Estate Attorney**
 - Updates estate documents to include changes to your estate post divorce
 - What estate documents need to be updated after my divorce is final?
- **Mortgage Specialist**
 - Knows refinancing rules to remove spouse from a mortgage
 - How can I refinance on my salary alone?
- **Mental Health Specialist**
 - Educates client on effective communication techniques during conflict
 - How do I get through this emotionally?
- **CPA**
 - Provides forensic tax services concerning identification and division of marital property
 - I think my spouse is hiding money from me, how do I find it?
- **Divorce Coach**
 - Guides client through each step of the divorce process
 - Can someone be by my side through my divorce and after my divorce to help me?
- **Collaborative Attorney**
 - Works collaboratively with a team to help clients finalize their divorce
 - How do I find an attorney that will bring options to the table that are outside of the box?
- **Therapy (Massage, Acupuncturist, Hair Stylist):**
 - Allows space for self-renewal and permission for your own self-care
 - Have I been putting my own self-care last on the list?
- **Nutritionist**
 - Helps guide you towards mindful choices during your transformation
 - Am I holding onto dietary issues that are no longer serving my body?

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Terminology To Know

401k Plan	A company-sponsored retirement account that employees can contribute to
403b Plan	A retirement account for certain employees of public schools and tax-exempt organizations
457 Plan	IRS-sanctioned, tax-advantaged employee retirement plans offered by state, local government and some nonprofit employers
529 Plan	A tax-advantaged savings plan designed to encourage saving for future education costs
Annuity: Fixed	A type of insurance contract that promises to pay the buyer a specific, guaranteed interest rate on their contributions to the account
Annuity: Indexed	A type of annuity contract that pays an interest rate based on the performance of a specified market index (such as the S&P 500)
Annuity: Variable	A type of annuity contract in which the value can vary based on the performance of an underlying portfolio of mutual funds
Trust : Revocable	A trust that can be amended anytime during the lifetime of the trust's creator
Trust: Irrevocable	A trust that generally cannot be revoked or amended
Trust: Testamentary	A trust established in accordance with the instructions contained in a last will and testament
Trust: Generation Skipping	A trust in which the contributed assets are passed down to the trust creator's grandchildren, thus skipping the trust creator's children
IRA	An individual retirement account that allows money to be saved for retirement in a tax-advantaged way
Roth IRA	A retirement savings account that allows money to be withdrawn tax-free
UTMA/UGMA	An account that allows parents to save money, invest and maintain full control until their child is an adult
Donor Advised Fund	A charitable investment account set up for the sole purpose of supporting charitable organizations
Individual	An account at a brokerage, bank, company, etc. where a single person is responsible for debits and credits
Inherited IRA	An account that holds inherited money from an IRA or employer-sponsored retirement plan
Inherited Roth IRA	An account that holds inherited money from a Roth IRA
Joint Tenants with Rights of Survivorship	An account where both account holders have an equal right to the assets
Tenants in Common	An account where two or more people have ownership interests
Tenants by the Entirety	An account held by both spouses where any changes have to be consented by both spouses

Pension	A retirement plan that requires an employer to make contributions to a pool of funds set aside for a worker's future benefit
SEP IRA	A basic individual retirement account, much like traditional IRAs, but are for business owners and contributions are tax-deductible
SIMPLE IRA	A type of tax-deferred employer-provided retirement plan that allows employees to set aside money for retirement
QDRO	A qualified domestic relations order used in a divorce to split a qualified plan
Stock Options	A grant to an employee giving them the right to buy a certain number of shares in the company's stock for a set price for a finite period of time
Margin	Money borrowed from a brokerage firm to purchase an investment
Child Support	Money paid from one parent to the other for the purpose of providing financial support for a child/children
Spousal Support	Money paid from one spouse to the other as financial assistance determined by a divorce decree
Life Insurance: Term	Life insurance coverage for a specific amount of time
Life Insurance: Whole Life	Permanent life insurance coverage for the life of the insured
Life Insurance: Universal Life	A type of permanent insurance with an investment savings element
Life Insurance: Variable Life	A type of permanent insurance where the savings is invested in various instruments and investment funds
TOD: Transferable on Death	A designation that lets beneficiaries receive assets in a brokerage account at the time of the person's death without going through probate
POD: Payable on Death	A designation that lets beneficiaries receive assets in a bank account at the time of the person's death without going through probate
Prenuptial Agreement	A legal agreement entered into between two people before they are married that can cover a wide variety of issues centered on property rights and assets
Postnuptial Agreement	A legal agreement signed by a married couple after the wedding that can cover a wide variety of issues centered on property rights and assets
Divorce Decree	A legal document that contains all of the court's rulings and will resolve all issues pertaining to the divorce, it is binding on the parties going forward
Credit Report	A record of a borrower's responsible repayment of debts
COBRA	A law that gives workers and their families who lose their health benefits the right to choose to continue group health benefits provided by an employer for a limited amount of time



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INFORMATION SHEETS

Helpful tidbits that explain terminology that might come up in the divorce process.



They are a great cheat sheet to have and can be referenced at any time.

Included are the following:

- Divorce Decree*
- Credit Report*
- COBRA*
- TOD (*Included here*)

**Included in the full version of the Divorce Survival Kit*



Tips:

- *I like to throw things in for your knowledge about certain accounts or certain instances. It does not mean anyone will try to be malicious. It simply means we want you to be aware of how things work. I will always add in a “Just so you know”, because it is important to me that you know about it.*



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WHAT IS TRANSFERABLE ON DEATH?

Transferable on Death (TOD) is a feature that can be added to an account that allows the account holder to select a beneficiary for that account. This is added to non-retirement brokerage accounts.

NOTABLE FEATURES

There are a couple of purposes for this type of feature.

- It allows the account holder to have control of where the money goes in the event of the account holder's death.
- It allows for the money in the account to pass to the beneficiary outside of the probate process. This means it passes outside of the will, does not get caught up in the long process of the will being authenticated and an executor named, and is transferred to the beneficiary sooner. The money in this account also cannot be used to pay debts of the estate.

LIMITATIONS

Since the TOD account is processed outside of the will, it flows to whomever is named as a beneficiary. This means when the account holder updates their will, let us say due to divorce, but does not update the beneficiary on their TOD account, then the money may go to an unintended person. This is an extra step when updating beneficiaries. Please note the importance of updating the beneficiary on this type of account after the divorce is final.



'Just so you know'

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HOW-TO SHEETS

This combines the helpful tidbits of an information sheet.



It adds in additional information regarding how the assets can be split.



It's handy to have and to refer back to.

- 529 Plan*
- Marital Home*
- Joint Brokerage Account*
- Joint Checking Account*
- Qualified Plan*
- IRA (*Included here*)
- Roth IRA*
- UTMA*

**Included in the full version of the Divorce Survival Kit*

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INDIVIDUAL RETIREMENT ACCOUNT (IRA)

An IRA is an account that allows an individual to save for retirement with tax-free growth or on a tax-deferred basis. A Traditional IRA offers a tax deduction for the year in which the contribution was made (subject to AGI limitations). Contributions are made with pre-tax income and tax is deferred until distributions are taken.

HOW TO SPLIT?

A divorce decree is required to split an IRA. This ensures the transfer is tax free and keeps it from being considered a distribution. Custodians will require instructions on how to split the IRA, along with a divorce decree that serves as the legal document permitting them to follow the instructions.

LIMITATIONS

- Distributions are required to begin at age 72
- Any distributions taken before age 59 ½ are subject to a 10% penalty.
- All distributions are considered ordinary income and are taxed as such.
- Please note the importance of updating the beneficiary on this type of account after the divorce is final.

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