

WORKSHEET 1 - MY SITUATION AT A GLANCE

Date of separation:

Relationship/marriage status:

Children/ages:

Current care arrangement:

Housing:

Mortgage/rent:

Income:

Major assets:

Major debts:

Superannuation:

Businesses/trusts:

Lawyer:

Mediator:

Next deadline:

Main parenting issue:

Main financial issue:

Main admin issue:

What I am most worried about:

What actually needs action this week:

WORKSHEET 2 - THE 72-HOUR BOARD

TODAY - MAX THREE

- 1.
- 2.
- 3.

THIS WEEK - MAX FIVE

- 1.
- 2.
- 3.
- 4.
- 5.

NOT TODAY

PERSON I CAN ASK FOR HELP

WORKSHEET 3 - DROP BEAR CHECK

The thing I am afraid of:

Has it happened?

What evidence do I have?

What am I assuming?

Is there a deadline?

What would tell me the risk is becoming real?

Who can answer this properly?

One sensible preparation step:

What I can stop doing until new information appears:

WORKSHEET 4 - FAIR DINKUM

WHAT I KNOW

WHAT I THINK

WHAT I WAS TOLD

WHAT I FEAR

WHAT I NEED TO CHECK

WORKSHEET 5 - MY BRAIN HAS LEFT THE BUILDING

What must happen today?

What can wait?

Who can help?

What information am I missing?

Smallest physical next action:

Food/water/medication/charge check:

WORKSHEET 6 - FRICTION MAP

Task:

Time estimate:

Friction: LOW / MEDIUM / HIGH

What makes it hard to start?

Could I use a script?

Could I body-double?

Could AI sort the first step?

Could someone else do it?

My first physical action:

WORKSHEET 7 - MESSAGE DECODER

Incoming message/topic:

FACT:

QUESTION:

REQUEST:

COMMENTARY/BAIT:

CHILD ISSUE:

DATE/DEADLINE:

Does it require a response? YES / NO / LATER

Draft angry version goes elsewhere.

Final boring response:

WORKSHEET 8 - BOUNDARY BUILDER

What keeps happening?

What part can I control?

What practical rule would help?

One-sentence boundary:

What will I do if the boundary is ignored?

Does any law/order/agreement affect this? PROFESSIONAL CHECK /
NO / UNSURE

WORKSHEET 9 - CHILD DASHBOARD

Child:

Strengths/interests:

School:

Health:

Medication:

Allergies:

Therapy/supports:

Communication style:

Sensory needs:

Sleep:

Food:

Transitions:

Important relationships:

What helps:

What makes things harder:

Current stressors:

WORKSHEET 10 - TRANSITION IMPACT TRACKER

Date/transition:

Preparation used:

Before transition - observable:

After transition - observable:

Sleep:

Eating:

Toileting:

School attendance/function:

Regulation:

Fatigue/recovery time:

What helped:

What I am interpreting:

What I do not know:

WORKSHEET 11 - PARENTING ISSUES MATRIX

For each mark: WORKING / DISCUSS / DISAGREEMENT / URGENT /
ADVICE / COOKED

School:

Medical:

Medication:

Therapy:

Transport:

Handovers:

Belongings:

Devices/screens:

Sleep:

Food:

Activities:

Holidays:

Birthdays:

Calls:

Expenses:

Extended family:

New partners:

WORKSHEET 12 - THE COOKED TEST

Proposed arrangement:

Monday morning works? Why/why not?

School commute:

Therapy day:

Sick day:

Public holiday:

School holiday:

Parent works late:

Child dysregulated:

Belongings/equipment:

Where does this depend on magic?

WORKSHEET 13 - MEDIATION ISSUE SHEET

Issue:

Current arrangement:

Problem:

My proposal:

Practical/child benefit:

Facts:

Assumptions:

Other position as I understand it:

Ideal:

Acceptable:

Negotiable:

Not workable:

Professional check:

Questions:

WORKSHEET 14 - LAWYER MEETING

By the end of this meeting I need clarity on:

1.

2.

3.

New developments:

Key dates:

Documents:

Questions:

Deadline:

What I do not understand:

AFTER

Advice/information I recorded:

Decision:

Action:

Who:

Deadline:

Follow-up:

WORKSHEET 15 - ASSET REGISTER

Item:

Type:

Name held in:

Estimated value:

Source/date:

Debt:

Approximate net:

Documents:

Tax/cost question:

Professional needed:

Unknowns:

WORKSHEET 16 - I KNOW IT EXISTS BUT I DON'T KNOW WHAT IT'S WORTH

Item:

What I know:

What I don't know:

Possible source:

Who can help:

Next action:

Due/follow-up date:

WORKSHEET 17 - DISCLOSURE TRACKER

Document:

Date range:

Source:

Requested:

Received:

Saved as:

Sent/provided:

Follow-up:

Notes:

WORKSHEET 18 - SEPARATION COST LEDGER

Expense:

Date:

Amount:

Category:

One-off or ongoing:

Child-related? Y/N

Receipt/source:

Question for professional if any:

WORKSHEET 19 - AGREEMENT REGISTER

Issue:

Date:

What was agreed:

Temporary/permanent/unclear:

Where confirmed:

Start date:

Review date:

Professional check required:

WORKSHEET 20 - DECISION LOG

Decision:

Options:

Facts:

Assumptions:

Advice received:

Practical pros/cons:

Information missing:

Decision made:

Why:

Date:

Review date:

WORKSHEET 21 - SUPPORT TEAM

Legal:

Financial:

GP/medical:

Mental health:

Child specialist:

School:

NDIS/disability:

Family:

Friends:

Practical help:

Emergency contacts:

Who is currently doing a job they should not be doing?

WORKSHEET 22 - WHAT DID I INHERIT?

Things from my childhood parenting I want to keep:

Things I definitely do not want to repeat:

Things I catch myself doing automatically:

Things I want to understand better:

Things the other parent and I may see differently:

What is actually important for this child rather than my childhood?

WORKSHEET 23 - TECHNOLOGY ACROSS HOMES

Devices:

School-night use:

Bedtime charging:

YouTube/streaming:

Gaming:

Social media:

Parental controls:

Sleep impact:

Regulation/transition impact:

Communication/social benefits:

Specific issue to solve:

Proposed practical rule:

WORKSHEET 24 - UNSENT MESSAGE

What I want to say:

What actually needs communicating:

Final boring version:

Delete/shelve rage version? YES / ABSOLUTELY

WORKSHEET 25 - THE FUCK-IT PAGE

What am I furious about?

What part can I control?

What actually needs action?

What am I going to stop feeding today?

WORKSHEET 26 - WEEKLY TEN-MINUTE SQUIZ

Dates this week:

Preparation needed:

Waiting on:

Follow-up:

Child logistics:

Money/admin:

Give to robot:

Give to human:

Bugger that:

One thing first:

WORKSHEET 27 - WHAT LEAVES, WHAT STAYS

I am done carrying:

I need to keep for practical reasons:

I want to keep because it mattered:

I am not ready to decide:

I want professional/personal support processing:

WORKSHEET 28 - THINGS I WANT BACK

Energy:

Friendships:

Creativity:

Work:

Money/security:

Fun:

Sleep:

Confidence:

Home:

Parenting time not consumed by conflict:

Other:

The TWO things I will focus on first:

1.

2.

WORKSHEET 29 - EMERGENCY RESET

Is anyone unsafe?

What real deadline exists today?

What do the children need today?

What money issue is genuinely urgent?

What can wait?

Who can help?

What message should I NOT send yet?

Food/water/medication/charge/sleep check:

Next tiny thing:

WORKSHEET 30 - THE YEAH, NAH PAGE

YEAH, NAH - DOES NOT NEED MY ENERGY

NAH, YEAH - UNFORTUNATELY NEEDS DOING

NOT HERE TO FUCK SPIDERS - THE ACTUAL PRIORITY