

# YOUR CUSTODY GAMEPLAN

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## Day 1: Assessing Current Situation

Defining your true intentions is the foundation of any solid Gameplan. Way too often we overlook the reasons we take actions, which leads us to do things that have no real meaning. Doing things that have no direct correlation to our goals is a setup for a setback.

The very first step in determining what your intentions are requires an honest look at where you are. You need to take the time to think about your reality. What is your life like financially, physically, mentally, and personally? Be honest with yourself. Don't reflect on what it WILL be, focus on the right now.

For example, are you unemployed, underemployed, or employed? Do you have any physical ailments or limitations? Do you have a stable home or are you sleeping on someone's sofa?

Tip: The digger you deep, the better. Take your time and focus.

# Your Custody Plan

## **CURRENT STATUS, CIRCUMSTANCES, ETC.**

(Finances, health, relationship, etc.)

## **MY GOALS/INTENTIONS**

“What do I want for myself, my children, my family?” Consider your current situation. List things from immediate to long-term. Be specific as possible.

# Your Custody Plan

## TARGETS (Now-5 YEARS)

## MY FUTURE IN VISION

“What does what I want look and feel like when I think about it? How does it benefit me, my children and my family? What am I willing to give to have this future?”

# Your Custody Plan

**JOURNAL:** Use this space to write about the details of your days, weeks, months, years when you achieve the goals set for your family.