



# Women Navigating Life Transitions: Own your financial power



After a major life event, such as becoming independent through a divorce or the death of a spouse, inheriting wealth, or selling a business, many people face complications in their finances. Whether your financial planning needs to be gutted and reworked, or just a bit of reorganizing, it can be anxiety-inducing. Balancing complicated emotions and continuing daily life on top of rebuilding after a transition is overwhelming.

However, there are plenty of ways that you can begin to take control of your finances and own your financial power. Developing a plan for your finances is an important step in the direction of independence.

## Divorce

Divorce is an incredibly difficult process to go through, both emotionally and financially. As a divorced woman, it's important that you understand the financial implications it may have on your future.

The first step in any financial plan is to build an emergency fund. This will come in handy if there are any unexpected expenses related to your divorce such as legal fees or moving expenses. It's a good idea to aim for having three months of living expenses saved up in case of emergency. This fund can also be helpful down the line if you find yourself in need of additional financial support during tough times.

Creating a budget can help you understand the new reality of your money. Take some time to list out all your income sources and expenses so that you have a clear understanding of where your money is going each month. Make sure to include

monthly costs like rent/mortgage payments, utilities, groceries, transportation costs, and anything else you spend money on regularly. Once you have created your budget, use it wisely to consider purchases and the way you allocate your money. Budgets do not have to be strict rules, but knowing what you can afford on your own is important to make sound financial decisions.

Divorce can affect your taxes significantly, so it's important to understand how the process works before filing taxes jointly or separately with your ex-spouse. If there are any tax deductions associated with alimony payments, child support payments, or other assets, understanding these deductions before filing can help save money in the long run. Additionally, it's important to make sure that all tax documents are updated with both parties' names in case one party fails to file their taxes on time or at all.

## Death of a Spouse

Losing a spouse is an incredibly difficult time, and it can be overwhelming to think about the future. Financial planning may not be at the top of your list of priorities during this time, but it is important to take steps to protect your finances and ensure that you are in the best position possible for what lies ahead.

The best place to start is by understanding exactly what your financial situation looks like. Gather all relevant documents such as bank statements, investment accounts, insurance policies, mortgage information, credit cards, and more. Take inventory of all the assets you have, including any real estate or investments. You should also review any debts held jointly with your spouse, such as loans or credit card debt. It's important to familiarize yourself with these documents so you know exactly where your money is going and how much you have coming in each month.

Take stock of all your assets and liabilities. This includes both the assets that were owned by your spouse as well as those which were jointly held by both of you. It's important to move these accounts under your name. Taking inventory will also help you determine whether or not you need to update any insurance policies, such as life insurance or long-term disability coverage.

There are numerous resources available for those who have recently lost their spouse such as life insurance policies, survivor benefits from Social Security, pension plans, and more. Make sure you're aware of all these options so that you can take advantage of them if needed. Additionally, research any tax credits or deductions that may apply to your situation as there are often special exemptions for people who have recently experienced the death of a loved one.





## Inheritance

Inheriting wealth can be a confusing and overwhelming process. It's a great opportunity, but also comes with a lot of responsibility. To ensure that your financial health is in order, you should seek out professional advice to help you make the most of your inheritance.

The first step is to get an understanding of what assets you have inherited. This may include cash, investments, real estate, and other assets such as artwork or jewelry. Additionally, find out if there are any obligations associated with the inheritance such as taxes or debt payments that need to be taken care of before you can access the full amount of the inheritance. Knowing exactly what you have will help inform your decisions going forward.

Once you understand your assets, it's time to create an actionable plan. You should consider both short-term and long-term goals and how they will be achieved through investments and other strategies. Depending on the size of the inheritance or the complexity of your financial situation, this plan may require the assistance of a financial advisor or planner who can help navigate this process with you. They can help develop strategies tailored specifically towards reaching your goals while ensuring that all legal requirements are met along the way.

Inheritance taxes vary by state so it's important to consult with a tax professional who is familiar with these laws and regulations to minimize potential liabilities

down the road. Additionally, there may be certain administrative fees related to handling large amounts of money which could potentially eat into your inheritance if not accounted for properly in advance.

You'll also want to understand the investment options available to you. It's also important to research different investments, such as stocks, mutual funds, bonds, and real estate - as they all have unique characteristics. Additionally, it may be helpful to work with a financial advisor who can help you develop a portfolio tailored to your individual needs and preferences.



## Selling a Business

Selling a business is an exciting but daunting task. Whether you're selling off a family-owned business or cashing in on your own venture, it's important to plan ahead and make sure your finances are in order.

An exit strategy is an essential part of selling your business. It outlines how you plan to transition out of the company while ensuring that its operations continue seamlessly after your departure. This includes things like identifying key personnel who will remain in place and developing plans for handling customer service, marketing, and other operational tasks. Developing a detailed exit strategy prior to the sale will help ensure that the transition goes as smoothly as possible and that the value of the company remains intact throughout the process.

When negotiating with a potential buyer, it's important to maximize value by focusing on both short-term profits and long-term growth potential. Consider

things like the current customer base, future sales forecasts, competitive advantages, technological developments, and industry trends when determining a fair price for your business.

A third-party business valuation will provide you with an unbiased estimate of the value of your company. This can be especially helpful if you are negotiating with potential buyers who may try to undervalue your company to get it at a lower cost. It is important to note that different buyers may have different opinions on what constitutes fair market value for your company and having an objective third party provide a professional assessment can help make sure that everyone involved is on the same page.

Additionally, keep in mind that buyers may be more willing to pay more if they know they're getting something they can use right away rather than investing in something that needs additional work before it can become profitable.



Financial advisors can be a great asset for women in transition, as they provide sound advice and guidance to help them take back their financial power. They can help women identify areas where they need more knowledge and support, such as budgeting, saving money, investing, and planning for retirement. Financial advisors also provide unbiased perspectives on what may be considered the best decisions or actions to maximize financial goals. This can include reviewing existing debt and assets, exploring options for investments and savings, providing estate planning guidance, and more. With the right advisor, women can gain confidence in taking ownership of their finances and ensure that their futures are financially secure.

At Cold Harbor Financial, we believe that we are the right advisor for you. We are dedicated to helping women in transition take back their financial power. We understand that every woman's situation is unique, and that's why we provide personalized financial advice tailored to your individual needs.

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