GenCrest
CAPITAL PARTNERS

LIFETIME INCOME WORKBOOK

Women Rebuilding Financial Independence After Divorce

"For I know the plans I have for you, declares the LORD - plans to prosper you and not to harm you, plans to give you hope and a future."
Jeremiah 29:11 (NIV)

A Companion Workbook to the Marital Asset Protection Plan™ (MAPP)

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Name: ______________________________

Date I began this journey: ______________________

My Advisor: ___________________________

My Vision: ___________________________

⋆ *Affirmation* ⋆

I am not where I was. I am not where I am going. I am exactly where God is preparing me - equipped, empowered, and ready to build my future.

HOW TO USE THIS WORKBOOK

This workbook is your personal companion to the Lifetime Income Toolkit - a powerful system created to help you rebuild financial independence after divorce. Every page is designed for you to fill in, reflect on, and return to as your life unfolds.

Proverbs 27:23 (NIV)
"Know th estate of your flocks, and put your heart into caring for your herds, for riches don't last forever."

This Workbook Will Help You:

- Understand your new financial reality with clear eyes and a courageous heart
- Build a customized 3-bucket income system tailored to your life
- Create a tax-smart withdrawal and savings strategy
- Plan your Social Security and retirement timing
- Stress-test your plan for longevity, inflation, and unexpected events
- Review and refine your plan every year with confidence

A Note from Sherry:

You are not just rebuilding your finances. You are reimagining your life. When I created the Divorce MAPP™ and this Lifetime Income Toolkit, I thought of women like my mother - brilliant, brave women who simply lacked access to the right tools and the right team. You now have both. Work through each section slowly, honestly, and with prayer. God is not only your Provider, He is your Planner.

PART 1 The Post-Divorce Income Reality Reset

Before you can plan, you must pause. Divorce changes your income structure permanently. This section helps you see clearly where you stand today so you can build wisely for tomorrow.

> *Psalm 32:8 (NIV)*
> *"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."*

Section 1A: My New Financial Reality

Take a quiet moment and answer these questions honestly. There are no wrong answers - only clarity waiting to be found.

What emotions come up when I think about my financial future?

What is my biggest financial fear right now?

What does financial independence mean to ME in this new chapter?

Section 1B: The 8 Key Factors to Understand

Check each item as you gather and confirm this information with your advisor:

- ☐ New Fixed Monthly Expenses (mortgage/rent, utilities, insurance, etc.)
- ☐ New Variable Monthly Expenses (groceries, gas, subscriptions, etc.)
- ☐ Support Duration - How long will alimony/child support continue?

- ☐ Healthcare Costs — Individual plan, Medicare, COBRA, Marketplace?
- ☐ Housing Stability — Staying, selling, or purchasing?
- ☐ Inflation Exposure — Will your income keep up with rising costs?
- ☐ Social Security Timing — When should you begin benefits?
- ☐ Longevity Risk — Plan for 30+ years of financial independence

Section 1C: My Planning Profile

My Current Age	
My Target Retirement Age	
My Planning Horizon (Years)	
Number of Dependents	
Support Payment Amount	$ / month for ___ years
Current Annual Income (Work)	$
Other Income Sources	
Healthcare Coverage Source	

⋆ *Affirmation* ⋆

I am not planning alone. God is ordering my steps and lighting my path forward.

PART 2 Cash Flow Blueprint - Know Where Every Dollar Goes

This is the foundation of everything. Before you can build wealth, you must understand your cash flow — what comes in, what goes out, and what the gap looks like.

> *Luke 14:28 (NIV)*
> *"Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?"*

Section 2A: My Essential Expenses (Non-Negotiable)

These are the expenses that must be covered every month, no matter what.

Category	Monthly Amount	Notes
Housing (mortgage or rent)		
Property Taxes / HOA Fees		
Utilities (electric, gas, water)		
Health Insurance Premium		
Other Insurance (auto, life, home)		
Groceries & Household Supplies		
Transportation (car payment, gas, maintenance)		
Childcare / School Tuition		
Medications / Medical Copays		
Debt Minimum Payments		
Federal / State Tax Obligations		
TOTAL ESSENTIAL EXPENSES		

Section 2B: My Lifestyle Expenses (Important but Flexible)

Category	Monthly Amount	Notes
Dining Out / Entertainment		
Travel & Vacations		
Clothing & Personal Care		
Gifts & Charitable Giving		

Hobbies & Subscriptions	$	
Gym / Wellness	$	
Home Maintenance & Improvements	$	
Other Discretionary Spending	$	
TOTAL LIFESTYLE EXPENSES	$	

Section 2C: Monthly Cash Flow Summary

Total Monthly Income	$
Total Essential Expenses	$
Total Lifestyle Expenses	$
Monthly Surplus / (Deficit)	$
Annual Savings Needed	

My reflection on what this cash flow picture tells me:

⋆ *Affirmation* ⋆

Every dollar I understand is a dollar I control. I am building clarity, not chaos.

PART 3 The 3-Bucket Income System — Building Your Foundation

The 3-Bucket System is one of the most powerful strategies for post-divorce financial stability. It separates your money by purpose and timeframe - protecting you from panic and poor decisions in any market.

> *Ecclesiastes 11:2 (NIV)*
> *"Invest in seven ventures, yes, in eight; you do not know what disaster may come upon the land."*

Understanding the 3-Bucket Strategy

Each bucket has a purpose. Together, they form a complete system that protects you short-term, grows your wealth mid-term, and secures your legacy long-term.

🪣 Bucket 1: Safety Bucket

Covers 0–5 Years of Essential Expenses

What to Hold:

- High-yield savings accounts
- Money market funds
- Short-term U.S. Treasuries
- CDs (Certificates of Deposit)

My Target Amount: $________________
Currently Allocated: $________________
Gap to Fill: $________________

💰 Bucket 2: Stability & Income Bucket

Covers 5–15 Years of Expenses

What to Hold:

- Dividend-paying stocks
- Bond funds
- Municipal bonds
- Balanced funds
- Structured income products

My Target Amount: $________________
Currently Allocated: $________________
Gap to Fill: $________________

📈 Bucket 3: Growth Bucket

Covers 15+ Years (Long-Term)

What to Hold:

- Broad market index funds
- Growth equities
- Real Estate Investment Trusts (REITs)
- International diversification

My Target Amount: $________________
Currently Allocated: $________________
Gap to Fill: $________________

My 3-Bucket Summary

Bucket	Target $	Currently Have	Gap
Safety (0–5 yrs)	$	$	$
Stability (5–15 yrs)	$	$	$
Growth (15+ yrs)	$	$	$

What concerns or questions do I have about filling my buckets?

PART 4 Withdrawal Strategy — How to Draw Income Wisely

How you take money out of your accounts is just as important as how you save it. This section helps you build a smart, sustainable withdrawal plan.

> *Proverbs 21:5 (NIV)*
> *"The plans of the diligent lead to profit as surely as haste leads to poverty."*

Section 4A: The 4% Rule — My Starting Point

The traditional 4% rule suggests withdrawing 4% of your portfolio annually, adjusted for inflation. But post-divorce planning requires flexibility. Use the Guardrail Strategy instead.

My Total Portfolio	4% Annual Withdrawal Amount
$	$ (portfolio x 0.04)

Section 4B: Guardrail Strategy - My Rules

Set your personal guardrails here:

If Portfolio RISES by ____% I may increase withdrawals by____% (modest)	If Portfolio DROPS by ____% I will reduce spending by____% until recovery

Section 4C: Tax-Efficient Withdrawal Order

This is the sequence I will use to minimize taxes and preserve growth:

Order	Account Type	My Balance
1	1st — Taxable Brokerage Accounts	$
2	2nd — Traditional IRA / 401(k)	$
3	3rd — Roth IRA / Roth 401(k) (LAST)	$

PART 5 Tax-Smart Planning - Keep More of What You've Earned

Divorce often lowers your taxable income, creating a strategic window to act. This section helps you take advantage of that window before it closes.

> *Matthew 10:16 (NIV)*
> *"I am sending you out like sheep among wolves. Therefore be as shrewd as snakes and as innocent as doves."*

Section 5A: Roth Conversion Opportunity

After divorce, your income may drop significantly - creating a powerful window to convert traditional IRA funds to Roth at a lower tax rate. Work with your advisor to capture this.

My Estimated Taxable Income This Year	$
My Current Federal Tax Bracket	%
Amount I Could Convert This Year	$
Estimated Tax on Conversion	$
Years Until RMD Age (73)	years

Questions to discuss with my tax advisor about Roth conversions:

PART 6 Social Security — Timing Your Greatest Asset

Social Security is one of the most important lifetime income decisions you will make. For divorced women, it may also include spousal benefits based on your ex-husband's record. Claiming too early can cost tens of thousands of dollars.

Proverbs 4:7 (NIV)
"The beginning of wisdom is this: Get wisdom, and whatever you get, get insight."

Section 6A: My Social Security Options

Claiming Age	Est. Monthly Benefit	Lifetime Total (to age 85)	My Notes
Age 62 (Reduced Benefit)	$	$	
Full Retirement Age	$	$	
Age 70 (Maximum Benefit)	$	$	

Section 6B: Divorced Spousal Benefit Check

If you were married for 10+ years and have not remarried, you may claim up to 50% of your ex-spouse's Social Security benefit - without reducing their benefit.

- ☐ My marriage lasted 10 or more years
- ☐ I am currently unmarried
- ☐ I am at least 62 years old
- ☐ My ex-spouse is eligible for Social Security benefits
- ☐ My ex-spouse's benefit may be higher than my own earned benefit
- ☐ I have compared both options with my advisor

My Social Security plan and target claiming age:

⋆ *Affirmation* ⋆

I claim my future with wisdom and confidence. Every decision I make is one more step towards the life God planned for me.

PART 7 Inflation & Longevity — Planning for the Long Game

Women statistically live longer than men - and that is a blessing that requires planning. This section helps you ensure your money outlasts your years and rises with the cost of living.

> *Psalm 23:1 (NIV)*
> *"The LORD is my shepherd, I lack nothing."*

Section 7A: My Longevity Planning Profile

My Current Age	
My Target Retirement Age	
My Longevity Estimate (family history)	
Planning Horizon (years in retirement)	
If I live to 90, I need ___ years of income	
My annual inflation assumption	%
Healthcare cost inflation estimate (~5%)	%

Section 7B: Healthcare Cost Strategy

Healthcare is often the largest variable in retirement. Check all that apply to your situation:

- ☐ I have explored Medicare Part B premium costs
- ☐ I have a Medigap / Supplemental insurance plan
- ☐ I have an HSA (Health Savings Account) and am contributing
- ☐ I have researched long-term care insurance options
- ☐ I have a prescription drug plan (Medicare Part D)
- ☐ I have discussed long-term care risk with my advisor
- ☐ I have estimated my lifetime healthcare spending needs

Estimated Annual Healthcare Cost (today)	$
At 3% inflation, in 20 years that becomes:	$
My HSA Balance (if applicable)	$
Long-Term Care Insurance Monthly Benefit	$

PART 8 Income Stress Testing — Are You Prepared for the Unexpected?

A strong plan survives storms. This section runs your plan through four critical scenarios to ensure you are protected no matter what life brings.

> *Isaiah 41:10 (NIV)*
> *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

For each scenario, record how your plan holds up and what adjustments may be needed:

Scenario A: Market drops 25% in my first 2 years of retirement

Impact on my monthly income	
Which bucket absorbs this first?	
How many months can I maintain spending?	
What adjustments would I make?	
Does my plan survive? (Circle one)	YES / NO / NEEDS ADJUSTMENT

Scenario B: Inflation spikes to 6% for 3+ years

Impact on my monthly income	
Which bucket absorbs this first?	
How many months can I maintain spending?	
What adjustments would I make?	
Does my plan survive? (Circle one)	YES / NO / NEEDS ADJUSTMENT

Scenario C: Support payments stop earlier than expected

Impact on my monthly income	
Which bucket absorbs this first?	
How many months can I maintain spending?	
What adjustments would I make?	
Does my plan survive? (Circle one)	YES / NO / NEEDS ADJUSTMENT

Scenario D: Unexpected major medical event

Impact on my monthly income	
Which bucket absorbs this first?	
How many months can I maintain spending?	
What adjustments would I make?	
Does my plan survive? (Circle one)	YES / NO / NEEDS ADJUSTMENT

PART 9 My Lifetime Income Roadmap — Decade by Decade

Your financial life unfolds in seasons. This roadmap helps you know exactly what to prioritize in each decade so nothing falls through the cracks.

Habakkuk 2:2 (NIV)
"Write down the revelation and make it plain on tablets so that a herald may run with it."

Age 50–60: BUILD & PROTECT

- ☐ Maximize retirement contributions (catch-up allowed after 50)
- ☐ Begin building Safety Bucket
- ☐ Eliminate high-interest debt
- ☐ Begin Roth conversion analysis
- ☐ Finalize divorce settlement financial review
- ☐ Establish emergency fund (6 months minimum)

My top priority for this decade:

Age 60–70: OPTIMIZE & TRANSITION

- ☐ Optimize Social Security claiming strategy
- ☐ Implement tax-efficient withdrawal sequencing
- ☐ Manage tax bracket intentionally
- ☐ Review and update estate documents
- ☐ Finalize Medicare/healthcare strategy
- ☐ Shift portfolio from growth to income-generation

My top priority for this decade:

Age 70+: PRESERVE & LEGACY

- ☐ Control RMD (Required Minimum Distribution) impact
- ☐ Focus on capital preservation alongside income
- ☐ Review legacy plan and beneficiary designations annually
- ☐ Consider charitable giving strategies
- ☐ Simplify financial accounts for ease of management
- ☐ Update healthcare and long-term care plans

My top priority for this decade:

PART 10 Annual Review Checklist — Your Yearly Financial Reset

A plan without review is just a wish. Complete this checklist every year - ideally in January or after any major life change. Bring this workbook to your annual advisor meeting.

> *Lamentations 3:22-23 (NIV)*
> *"Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."*

Annual Review Date: ________________________________

Financial Health Checks

- ☐ Recalculate my withdrawal rate
- ☐ Review current tax bracket and plan accordingly
- ☐ Update all beneficiary designations
- ☐ Confirm estate plan is aligned with current wishes
- ☐ Check RMD requirements (if applicable)
- ☐ Rebalance my portfolio across all 3 buckets
- ☐ Review healthcare costs and coverage
- ☐ Reassess inflation assumptions
- ☐ Review Social Security timing decision
- ☐ Assess long-term care coverage adequacy

Life Change Review

- ☐ Income changed significantly
- ☐ New dependent or change in family structure
- ☐ Remarriage or new relationship
- ☐ Received an inheritance
- ☐ Moved to a new state (tax implications?)
- ☐ Major health event
- ☐ Job change or retirement
- ☐ Property purchased or sold

What changed in my life this year that affects my financial plan?

My top 3 financial priorities for the coming year:

⋆ *Affirmation* ⋆

Every year I review, I grow wiser. Every adjustment I make, I grow stronger. I am the steward of a life God has restored.

PART 11 Behavioral Guardrails — Protecting Yourself from Yourself

Post-divorce financial planning fails most often not because of market crashes - but because of emotional decisions. This section is your protection against fear, grief, and impulse.

> *Philippians 4:6-7 (NIV)*
> *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

Section 11A: Common Pitfalls I Will Avoid

- ☐ Overspending in the first year of freedom
- ☐ Being so conservative I don't grow my money
- ☐ Making major financial decisions in grief or anger
- ☐ Panic-selling investments during market drops
- ☐ Avoiding my finances because they feel overwhelming
- ☐ Trusting the wrong people with financial advice
- ☐ Neglecting to update beneficiaries and estate documents

Section 11B: My Personal Financial Guardrails

Fill in your own commitments:

My monthly spending ceiling is:	$
I will not make major financial decisions within:	___ months of a life event
I will review my plan with my advisor:	Every ___ months
If markets drop more than ___%, I will:	Call my advisor before acting
My written investment policy will be completed by:	Date: ___________

Who is my accountability partner? (advisor, trusted friend, mentor)

PART 12 My Mindset Reset — The New Chapter Begins Here

You are not rebuilding from scratch. You are building from experience, from faith, and from everything God has already placed inside you. This final section is your declaration.

> *Isaiah 43:19 (NIV)*
> *"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."*

Note From Sherry:
When I think of the women I've walked alongside - women who came to me terrified, exhausted, and unsure if they could survive financially - and I watch them leave with a plan, a vision, and their heads held high... that is when I know this work matters. You are not just a client. You are a legacy in the making.

My Financial Independence Declaration

Complete each statement below and sign it. Then read it out loud.

I, ______________________________ , am committed to building a financially independent future. I will no longer let fear make my financial decisions for me.
I will seek wise counsel and act on what I learn.
My financial goal for the next 12 months is: ____________________________________.
My legacy goal is: ____.
The woman I am becoming will: ____.
I believe God's plan for my financial life is: _____________________________________.

Signature: ______________________________ Date: ______________________________

⋆ *Affirmation* ⋆

I did not come this far to only come this far. I am equipped, I am empowered, and I am expectant. The best chapter of my financial life begins today.

Ready to Take Your Next Step?

Schedule your complimentary strategy session with Sherry and the GenCrest Capital Partners team.

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