

START OVER WITH

Equity

A Clarity Checklist for Women in
Transition

Divorce • Career Change • Life Reset



Start Over With Equity

CHECKLIST OVERVIEW

This checklist is designed to help you slow down, take inventory, and move forward with intention.

You do not need to have everything figured out. You only need clarity on what comes next.

— *Sophia Langford*



SECTION 1

Grounding Where You Are Now

Before decisions, comes awareness...

- I have acknowledged what has ended (relationship, role, season, identity)
- I have allowed myself to grieve without rushing the “bounce back”
- I can name what feels most unstable right now (housing, income, confidence, direction)
- I know what I cannot handle carrying alone anymore
- I have at least one safe space or person where I can be honest

Reflection Prompt:

What part of my life feels the most uncertain right now—and what part still feels solid?

SECTION 2

Taking Inventory of Your Equity

(Equity is not just money — it is access, capacity, and leverage)

- I know my current source(s) of income
- I understand my housing situation and timeline
- I am aware of any assets I still have access to (home, savings, skills, network)
- I can identify at least one skill or strength that still belongs to me
- I recognize that starting over does not mean starting empty

Reflection Prompt:

What do I still have that I may be overlooking?

SECTION 3

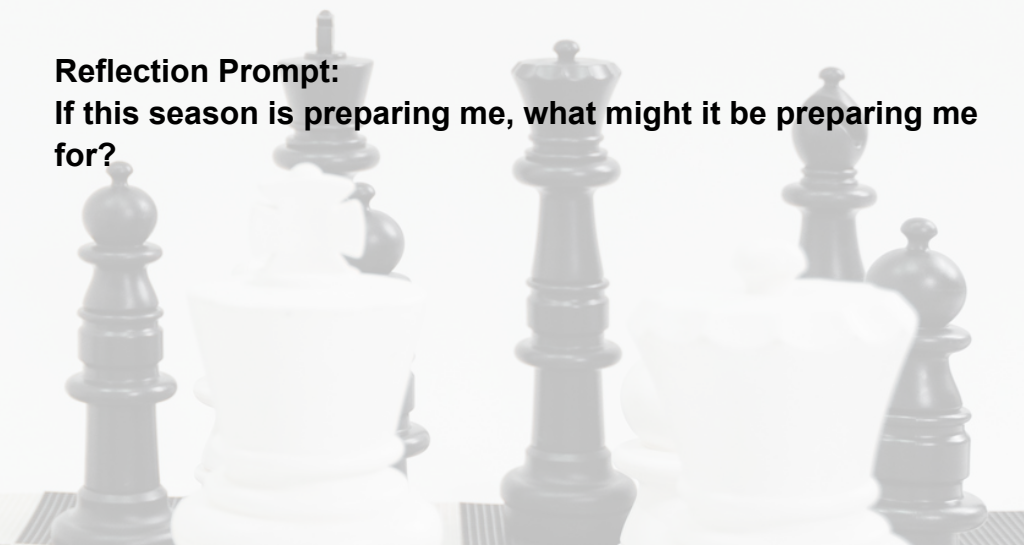
Stabilizing Before Scaling

Stability First. Expansion Next.

- I know my monthly non-negotiables (housing, food, transportation)
- I have identified expenses that can be reduced temporarily
- I am clear on what decisions need to wait
- I am prioritizing safety and peace over pressure
- I am giving myself permission to rebuild step by step

Reflection Prompt:

If this season is preparing me, what might it be preparing me for?



SECTION 4

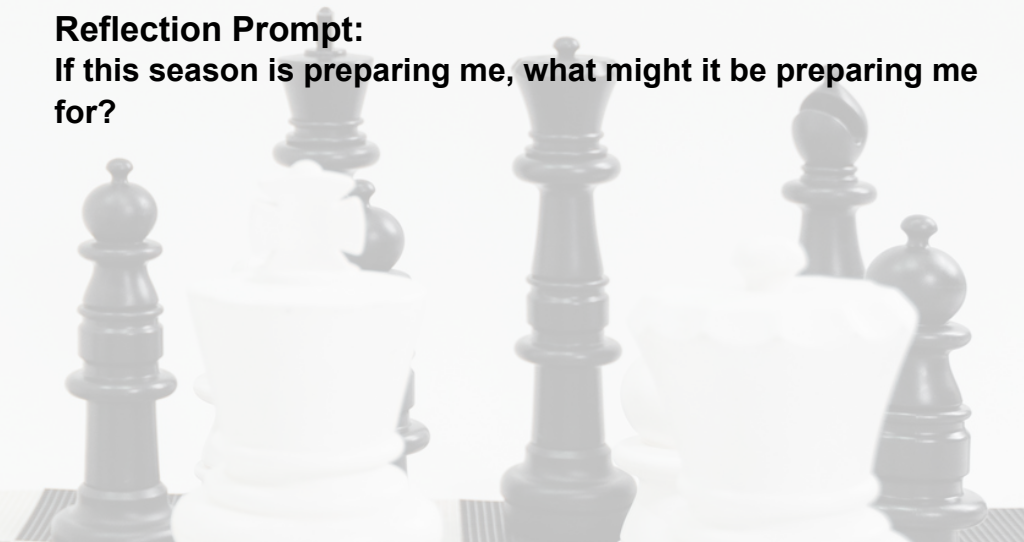
Reframing The “Start Over” Narrative

This is not failure - this is recalibration

- I am releasing the belief that I should be further along
- I understand that comparison delays clarity
- I can name one lesson this transition is teaching me
- I am choosing strategy over shame
- I am open to redefining success for this season

Reflection Prompt:

If this season is preparing me, what might it be preparing me for?



SECTION 5

Identifying Your Next Aligned Step

Not the whole plan - just the next step

- I know the one decision that would bring me the most relief
- I know whom I need guidance from next (financial, emotional, professional)
- I am open to asking for help
- I am choosing clarity over urgency
- I trust myself to make informed decisions as I move forward

Final Prompt:

What is one action I can take in the next 7 days that supports my future self?



You are not behind. You are rebuilding with intention.

You still have EQUITY — in yourself, your choices, and your future.

— *Sophia Langford*

Sophia Langford

mother realtor visionary

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