

fresh starts registry

Research Workbook Page

A great way to support a friend or loved one going through a big life change is to do some research for them. You can compile a list of divorce lawyers, doctors, therapists or real estate agents. This template is an easy way to share that information. Drop who you researched for them in the first line and use as many pages as you need, number them so they can keep them in order.

If you don't know what to say here are some ideas:

I know it can be overwhelming to look into [insert what you researched here], so I found a few to try and remove overwhelm!

When we spoke last you said it was too much for you to look into [insert what you researched here] and we're okay with me doing some research. Here are my results. I am happy to chat with you about these options more!

*I love you and wanted to make your life easier.
Here! No pressure of course!*

I found you some... _____

<i>Name</i>	<i>Phone</i>	<i>Notes</i>