

ORIENTATION · READ THIS FIRST

# Start here.

A short map for using the Atlas dashboards and printable companion PDFs without turning the first week into another project.

## WHAT ATLAS IS

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**A practical separation operating system: dashboards for live tracking, PDFs for printing, thinking and writing by hand.**

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**Built for separated parents who need calmer organisation across kids, money, admin, routines and rebuilding.**

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**Use the app for recurring work. Use the PDFs when your brain needs paper, clarity and a slower pace.**

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Practical organisation only. Atlas is not legal, financial, tax, or mental health advice.

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# Use the next right tool, not every tool.

Separation is not linear. Start with the phase you are actually in. The goal is not completion; it is less avoidable chaos this week.

## 01

### Crisis / first month

Print The first 30 days. Use Admin and Finances to track what is urgent, incomplete or unclear.

## 02

### Money unclear

Print Emergency budget and Financial snapshot. Use Finances for the live numbers and next money actions.

## 03

### Kids logistics

Print Kids & co-parenting. Use Kids Week for schedules, handovers, school details and weekly rhythm.

## 04

### Admin / legal prep

Print Legal & admin. Use Admin for documents, passwords, timelines, appointment prep and weekly resets.

## 05

### Personal functioning

Print Personal reset when routines, food, sleep, support or solo nights need stabilising. Turn next actions into Goals.

## 06

### Rebuild phase

Print Rebuild goals when life is less acute. Add the next three specific actions to Goals.

#### PRINT NOW VS LATER

##### PRINT NOW

Start Here, The first 30 days, Emergency budget, Financial snapshot, Kids handover checklist if children move between homes.

##### PRINT LATER

Full Legal & admin, Personal reset, Rebuild goals, and any worksheet that is useful only after the immediate fog lifts.

# Seven days. One small pass.

This path is deliberately boring. It gives separated parents enough structure to begin without pretending everything can be solved in a week.

## Day 1

Read Start Here. Open Admin. Write the five urgent loose ends.

## Day 2

Use The first 30 days. Do only the safety, passwords and documents pass.

## Day 3

Open Finances. Fill the rough income, bills, debts and unknowns.

## Day 4

If children are involved, set Kids Week and print the handover checklist.

## Day 5

Use Legal & admin to prepare questions, not arguments.

## Day 6

Use Personal reset for one minimum viable week.

## Day 7

Add three next actions to Goals. Stop there.

### DASHBOARD PAIRINGS

#### ADMIN

The first 30 days, Legal & admin, separation timeline, weekly admin reset.

#### KIDS WEEK

Kids & co-parenting, routines, handovers, school details and Sunday reset.

#### FINANCES

Emergency budget, Financial snapshot, shared costs and money-pressure notes.

#### GOALS

Personal reset next actions, Rebuild goals, 90-day direction and the next three actions.

### BOUNDARY

Atlas provides practical organisation. It is not legal, financial, tax, or mental health advice. For advice about your rights, money, tax, safety, health, or children, speak with a qualified professional or emergency service in your area.