YOUR PERSONAL ACTION BOOK

Fresh Start After a Breakup

Rebuild your mood, your circle, and your energy after it ends.

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THE BIG PICTURE

Your 90 days at a glance

Every goal and its checkpoints on one timeline — so you can see how the next 90 days fit together, not as separate plans.

DAY 30

Mind. Did one small planned pleasant activity daily for two weeks

Relationships. Reconnected with one old friend

Health. Kept one wake time, 7 days a week, for two weeks straight

DAY 60

Mind. Reconnected with one person or activity I'd dropped

Relationships. Put a recurring social thing on the calendar and kept it twice

Health. Moved my body 5+ days a week for three weeks running

DAY 90

Mind. More good moments in a normal week than when I started

Relationships. Have a few regular people back in my week

Health. Waking up rested most mornings, no alarm jolt

> MID-POINT CHECK-IN · AROUND DAY 45
>
> Halfway through, take five minutes and answer these honestly:
>
> 1. **What's actually working?** Do more of it.
> 2. **What's not?** Shrink it until it's easy, or drop it.
> 3. **What's the one thing** you'll fix for the second half?

MIND

Find some lift again

Use small, scheduled action to rebuild energy and moments that feel good.

THE CHALLENGE

Flat and unmotivated — going through the motions

WHY IT MATTERS

With low mood, action comes before motivation — not the other way around.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Did one small planned pleasant activity daily for two weeks.
Month 2–3	Turn the routine into a result you can point to, working toward: More good moments in a normal week than when I started.

MILESTONES

- **DAY 30** Did one small planned pleasant activity daily for two weeks
- **DAY 60** Reconnected with one person or activity I'd dropped
- **DAY 90** More good moments in a normal week than when I started

KEYSTONE HABITS

One good thing daily

When I plan my day, I will schedule one small thing that usually feels good.

Move my body

After lunch, I will take a 15-minute walk outside.

YOUR FIRST ACTIONS

- [ ] **Make a small-pleasures list**
  Write down little things that used to lift you, however minor.
- [ ] **Schedule them in**
  Put one on the calendar each day rather than waiting to feel like it.

- [ ] **Reconnect with one thing**
  Pick one person or activity you've withdrawn from and re-engage.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

One good thing daily

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Move my body

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IF-THEN PLAN

When I don't feel like doing anything**, then** I do a 5-minute version to get moving, not the whole thing.

When I want to cancel or isolate**, then** I keep one small commitment rather than dropping it.

When nothing feels rewarding**, then** I do the planned activity anyway and notice any small shift.

RELATIONSHIPS

Rebuild real connection

Take small, regular steps to reconnect and meet people.

THE CHALLENGE

I feel lonely / isolated

WHY IT MATTERS

Connection is a skill of small repeated reach-outs, not luck.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Reconnected with one old friend.
Month 2–3	Turn the routine into a result you can point to, working toward: Have a few regular people back in my week.

MILESTONES

DAY 30 Reconnected with one old friend

DAY 60 Put a recurring social thing on the calendar and kept it twice

DAY 90 Have a few regular people back in my week

KEYSTONE HABITS

Weekly reach-out

Every Sunday, I will message one person to make a plan.

Say yes more

When I get an invitation, I will default to yes unless there's a real reason not to.

YOUR FIRST ACTIONS

- [ ] **List people to reconnect with**
  Write down a few people you've lost touch with but miss.
- [ ] **Send one message this week**
  Reach out to a single person and suggest a concrete plan.

- [ ] **Join one recurring thing**
  A class, league, or group that meets regularly to build familiarity.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Weekly reach-out

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Say yes more

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IF-THEN PLAN

When I'm too busy to socialize**, then** I keep it small — one coffee or call counts.

When my circle has scattered**, then** I join one recurring local group to meet people nearby.

When reaching out feels awkward**, then** I send a simple 'been thinking of you, free this week?'.

HEALTH

Rebuild steady daily energy

Have reliable energy through the day by protecting sleep and movement.

THE CHALLENGE

Low energy — tired all the time

WHY IT MATTERS

Energy is the multiplier on every other goal — fixing it lifts the rest.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Kept one wake time, 7 days a week, for two weeks straight.
Month 2–3	Turn the routine into a result you can point to, working toward: Waking up rested most mornings, no alarm jolt.

MILESTONES

- **DAY 30** Kept one wake time, 7 days a week, for two weeks straight
- **DAY 60** Moved my body 5+ days a week for three weeks running
- **DAY 90** Waking up rested most mornings, no alarm jolt

KEYSTONE HABITS

Consistent wake time

The moment my alarm goes off, I will get up at my fixed wake time.

Morning daylight + movement

After I pour my first coffee, I will step outside for 10 minutes.

Wind-down before bed

When the clock hits 10pm, I will start my wind-down routine.

YOUR FIRST ACTIONS

- [ ] **Set one fixed wake time**
  Pick a single wake time you can keep on weekends too, and set a recurring alarm.

- [ ] **10-minute morning walk**
  Get outside within 30 minutes of waking for light and movement.

- [ ] **Screens off 30 min before bed**
  Park the phone outside the bedroom and read instead.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Consistent wake time

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Morning daylight + movement

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Wind-down before bed

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IF-THEN PLAN

When I can't fall asleep**, then** I get up, read under dim light for 15 min, then try again.

When the day starts slipping**, then** I do the next smallest health action on my list, not the whole plan.

When I have no time to exercise**, then** I do a 10-minute walk between meetings instead of skipping it.