

YOUR PERSONAL ACTION BOOK

The New Parent Survival Plan

Protect your sleep, your patience, and your relationship through the hardest season.



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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** **Health.** Held a fixed bedtime and wake time for two weeks straight
- Family.** Used a pause-and-breathe response for two weeks of triggers
- Family.** Held a real daily check-in for two weeks straight

- DAY 60** **Health.** Kept a screen-free wind-down every night for three weeks
- Family.** Held a daily one-on-one connection moment with each kid for a month
- Family.** Kept a regular protected time together for a month

- DAY 90** **Health.** Sleeping through most nights and waking rested
- Family.** Reacting calmly in most of the moments that used to set me off
- Family.** We feel like teammates again on most days

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?

HEALTH

Sleep through the night and wake rested

Build a consistent wind-down and schedule so sleep gets deep and reliable.

THE CHALLENGE

I sleep badly and wake up tired

WHY IT MATTERS

Good sleep is the foundation under your mood, focus, and health.

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: Held a fixed bedtime and wake time for two weeks straight.
- Month 2–3** Turn the routine into a result you can point to, working toward: Sleeping through most nights and waking rested.

MILESTONES

- DAY 30** Held a fixed bedtime and wake time for two weeks straight
- DAY 60** Kept a screen-free wind-down every night for three weeks
- DAY 90** Sleeping through most nights and waking rested

KEYSTONE HABITS

Fixed bedtime

When the clock hits my wind-down time, I will start getting ready for bed.

Screen-free wind-down

30 minutes before bed, I will put screens away and read or stretch.

Brain dump

When my mind starts racing in bed, I will write tomorrow's worries on a notepad.

YOUR FIRST ACTIONS

Set a fixed sleep window

Pick a bedtime and wake time you can keep every day, weekends included.

Build a 30-minute wind-down

A fixed screen-free sequence that signals your body it's time to sleep.

Fix the bedroom

Make it dark, cool, and quiet, and charge your phone outside the room.

TRACK IT · FIRST TWO WEEKS

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

Fixed bedtime

Screen-free wind-down

Brain dump

IF-THEN PLAN

When I'm tempted to scroll in bed, **then** I leave the phone charging in another room.

When my mind won't switch off, **then** I write the thoughts down so my brain can let them go.

When my schedule slips on weekends, **then** I keep the same wake time and nap only if I must.

Be a calmer, steadier parent

Catch yourself before you snap and respond instead of react.

THE CHALLENGE

I lose my patience with my kids

WHY IT MATTERS

The calm you bring is the emotional climate your kids grow up in.

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: Used a pause-and-breathe response for two weeks of triggers.

Month 2–3 Turn the routine into a result you can point to, working toward: Reacting calmly in most of the moments that used to set me off.

MILESTONES

DAY 30 Used a pause-and-breathe response for two weeks of triggers

DAY 60 Held a daily one-on-one connection moment with each kid for a month

DAY 90 Reacting calmly in most of the moments that used to set me off

KEYSTONE HABITS

Pause before reacting

When I feel my patience snap, I will take one slow breath before I respond.

Daily connection moment

After school or before bed, I will give each kid a few minutes of full attention.

Repair after a rupture

After I lose my temper, I will circle back and reconnect calmly.

YOUR FIRST ACTIONS

Name your triggers

Notice the moments that reliably set you off so you can see them coming.

Pick one calm response

Decide in advance what you'll do instead of yelling — a breath, a step back.

Protect your own basics

Guard sleep and a short break so you're not parenting on empty.

TRACK IT · FIRST TWO WEEKS

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

Pause before reacting

Daily connection moment

Repair after a rupture

IF-THEN PLAN

When I feel the anger rising, **then** I take one breath and lower my voice instead of raising it.

When I feel guilty after snapping, **then** I repair with my kid and move on instead of spiraling.

When I don't know what to do instead, **then** I get down to their level and name what they're feeling.

Reconnect with my partner

Rebuild closeness through small, consistent moments of attention.

THE CHALLENGE

My partner and I are drifting apart

WHY IT MATTERS

Connection is rebuilt in small daily deposits, not grand gestures.

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: Held a real daily check-in for two weeks straight.
- Month 2–3** Turn the routine into a result you can point to, working toward: We feel like teammates again on most days.

MILESTONES

- DAY 30** Held a real daily check-in for two weeks straight
- DAY 60** Kept a regular protected time together for a month
- DAY 90** We feel like teammates again on most days

KEYSTONE HABITS

Daily check-in

After the kids are down / before bed, I will ask how their day really was.

Appreciation

When they do something kind, I will say one specific thank-you.

YOUR FIRST ACTIONS

- Schedule recurring time together**
Protect a regular slot that's just for the two of you.
- Ask one real question a day**
Go beyond logistics — ask about how they're actually doing.

Name what you appreciate

Tell them one specific thing you value, often.

TRACK IT · FIRST TWO WEEKS

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

Daily check-in

Appreciation

IF-THEN PLAN

When we're both slammed, **then** we protect 15 minutes after the kids are down, no screens.

When we only talk logistics, **then** I ask one non-logistical question each day.

When a small thing escalates, **then** I pause and name the feeling instead of the complaint.