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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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**

- **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**

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**Screen-free wind-down**

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**Brain dump**

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### 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.

FAMILY

# 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**

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**Daily connection moment**

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**Repair after a rupture**

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### 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.

FAMILY

# 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. |
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| **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**

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**Appreciation**

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### 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.