YOUR PERSONAL ACTION BOOK

# Out of the Fog

Lift a low mood and rebuild the energy underneath it.

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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

**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

**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

**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  Pick one person or activity you've withdrawn from and re-engage.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.

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.