YOUR PERSONAL ACTION BOOK

Reconnect

Rebuild closeness at home and beyond.

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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

Family. Held a real daily check-in for two weeks straight

Relationships. Reconnected with one old friend

DAY 60

Family. Kept a regular protected time together for a month

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

DAY 90

Family. We feel like teammates again on most days

Relationships. Have a few regular people back in my week

> 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?

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.
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.

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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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?'.