

YOUR PERSONAL ACTION BOOK

Reconnect

Rebuild closeness at home and beyond.



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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 **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?

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

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?'.