YOUR PERSONAL ACTION BOOK

Stop Having the Same Fight

Break the argument loop and close the distance at home.

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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 **Relationships.** Named the recurring pattern and my own part in it

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

DAY 60 **Relationships.** Used a calm time-out instead of escalating at least twice

Family. Kept a regular protected time together for a month

DAY 90 **Relationships.** Worked through a hard topic without it blowing up

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?

RELATIONSHIPS

Break the recurring-fight cycle

Replace the old argument pattern with calmer repair and real listening.

THE CHALLENGE

We keep having the same argument

WHY IT MATTERS

It's usually the same loop on repeat — change the pattern and the fights shrink.

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: Named the recurring pattern and my own part in it.
Month 2–3	Turn the routine into a result you can point to, working toward: Worked through a hard topic without it blowing up.

MILESTONES

- DAY 30 — Named the recurring pattern and my own part in it
- DAY 60 — Used a calm time-out instead of escalating at least twice
- DAY 90 — Worked through a hard topic without it blowing up

KEYSTONE HABITS

Pause before reacting

When I feel the heat rising, I will take a breath before I respond.

Weekly check-in

Every Sunday, I will raise one thing calmly before it festers.

YOUR FIRST ACTIONS

- [ ] **Map the recurring loop**
  Write out how the same fight usually starts and escalates.
- [ ] **Agree on a time-out signal**
  Set a word or gesture either of you can use to pause and cool down.

- [ ] **Lead with listening**
  In the next hard talk, reflect back what you heard before replying.

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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Weekly check-in

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IF-THEN PLAN

When the conversation heats up**, then** I call the agreed time-out and return in 20 minutes.

When I feel myself getting defensive**, then** I ask a question instead of defending.

When we keep circling**, then** I name one concrete change we can both try.

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

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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.