BREAKUP RESET

DAYS 4 TO 30



FEARLESS IN MOTION

YOU'RE MOVING AGAIN. KEEP GOING.

Breakup Reset is a Fearless in Motion program: self-help, not therapy or medical advice. If you're thinking about hurting yourself, call or text 988 (US) or call 911. For personal use; please don't redistribute.

READ THIS FIRST

You did Days 1 to 3. This picks up at Day 4. One day, one action, a few questions. Do the action first; most take 15 minutes. Slip? Reset the counter and do the next day.

You're not doing this alone. Every day ends with a few questions. Tap "Write your answers" to open that day's page, then send your answers to Fearless in Motion or keep them to yourself. You can also email them to support@fearlessinmotion.com. It's optional. Some days you'll want to share and some days you won't. Both count.

The same days also arrive by email, one a day, so you can work from either.

Breakup Reset, by Fearless in Motion

WEEK 1, CONTINUED

DAY 4

WALK IT OFF

Three days in. The phone rules are holding, mostly, and your head is still loud.

Today is simple: a 20-minute walk outside, no breakup podcast. Ten minutes counts if that's what you've got. Rate your mood 1 to 10 before you go and again when you're back. Three days in, the only job is not letting it stop.

TODAY: TAKE A 20-MINUTE WALK OUTSIDE

- Rate your mood 1 to 10 before you leave.
- Walk 20 minutes outside. No breakup podcast.
- Rate it again when you're back.

TODAY'S QUESTIONS

1. How was your mood before the walk and after it, and what changed?

2. What did you notice while you were out there?

3. What part of your day could use 20 minutes of this?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 5

THE HIGHLIGHT REEL IS LYING TO YOU

It's late, and your brain is playing the best trip, the inside joke, the way she laughed at your dumb impression. It's leaving out the silent dinners, the same argument on repeat, and the way you both stopped trying.

She's not a villain, and you don't need her to be one. You need the full footage, not the trailer. Missing someone and being better off apart can both be true.

TODAY: WRITE THE HONEST TWO-COLUMN LIST

- Set a 10-minute timer. Two columns, paper or notes app.
- Left: **What I'll miss.** Be honest. It's allowed.
- Right: **What wasn't working.** For both of you: what you didn't like, and what you weren't giving.
- Save it as a note called "Read this first." Next time the reel plays at 1 a.m., read the right column.

TODAY'S QUESTIONS

1. What's one thing from the honest column you'd been calling fine?

2. Honestly, what do you miss most?

3. What's one thing you'd do differently next time, with anyone?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 6

WHAT TO DO IN THE 10 MINUTES YOU WANT TO TEXT HER

You're holding the phone. Her name is typed. The message is three words: "Hope you're good." Your thumb is right over send.

An urge peaks and fades, usually within 10 to 20 minutes, whether you act on it or not. Your only job is to outlast the peak. Here's the script:

TODAY: RUN THE 10-MINUTE URGE SCRIPT ONCE

- **Minute 0:** Say out loud: "This is an urge. It'll pass." Phone face down.
- **Minutes 1–3:** Ask the Day 2 question: what do I want this text to do? Write the honest answer.
- **Minutes 3–8:** Move. Twenty push-ups, a lap of the block, cold water on your face. Change rooms.
- **Minutes 8–10:** Text a friend instead. "You watching the game?" counts.
- Rate the urge 1 to 10 at minute 0 and at minute 10.

> Run it once today even if the urge is small. Practice while the stakes are low so it works when they're high.

TODAY'S QUESTIONS

1. How strong was the urge at minute 0, and at minute 10?

2. What did you do instead?

3. Under the urge, what were you actually feeling?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 7

ONE WEEK. CHECK IN.

A week ago you were probably refreshing her profile between sentences. Maybe you still are some nights. But you're still here, opening these, and that counts.

A check-in isn't a report card. It shows you what's working so you keep it, and what isn't so you change one thing, not everything.

TODAY: SCORE YOUR FIRST WEEK ON FIVE AREAS

- Rate each 1 to 10: **Phone** (no contact), **Sleep**, **Food**, **Movement**, **Mood**.
- Circle the highest. That's working. Keep it.
- Circle the lowest. Pick one small fix for next week. One.
- Write your no-contact day count from Day 3. Slipped? Write the new count. No commentary.

> Next week is the body: sleep, food, movement. The phone rules keep running in the background.

TODAY'S QUESTIONS

1. What are your five scores for the week, and which one is lowest?

2. What surprised you this week?

3. What's the one fix you'll make next week?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

WEEK 2: GET THE BODY BACK

DAY 8

THE SLEEP PROTOCOL

It's 1:40 a.m. You're wide awake replaying a conversation from four months ago, and you have to be up at 6.

Bad sleep makes everything heavier: the urges, the mood, the drinking, the afternoon crash. You can't force sleep, but you can give it a fair shot.

TODAY: SET A FIXED WAKE TIME AND A 30-MINUTE SHUTDOWN

- **One wake time,** seven days a week, weekends too. This matters more than bedtime.
- **30-minute shutdown** at the same time nightly: phone across the room (Day 2), lights low, screens off.
- **No caffeine after 1 p.m.** Alcohol knocks you out, then wakes you at 3.
- **Awake 20+ minutes?** Get up. Another room, low light, a paper book, until you're sleepy.
- **Outside within an hour of waking,** even 5 minutes. Morning light sets your clock.

> If sleep has been wrecked for weeks, see a doctor. That's maintenance, not weakness.

TODAY'S QUESTIONS

1. What's your wake time, and when does your shutdown start?

2. What usually keeps you up?

3. What's most likely to wreck the plan, and what will you do when it happens?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 9

EAT LIKE SOMEONE WHO'S GOT PLANS

Dinner last night was chips over the sink, or nothing, or a drive-thru at 10 p.m. you didn't really taste.

A breakup kills appetite for some guys and turns others into a vending machine. You don't need a meal plan. You need defaults: meals so easy you can make them on a bad night without deciding anything.

TODAY: STOCK THREE DEFAULT MEALS

- Pick **three defaults** you'd actually eat. Ideas: eggs and toast; rice, rotisserie chicken and bagged salad; Greek yogurt, fruit and granola; frozen stir-fry with eggs added.
- Write one grocery list covering all three. Buy it today.
- This week: **protein at every meal,** and **a glass of water before coffee.**
- Eat at a table, not standing at the counter.

TODAY'S QUESTIONS

1. What are your three default meals?

2. Which meal have you been skipping, and why?

3. How has food been for you since the breakup?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 10

THE 20-MINUTE WORKOUT

Your gym bag has sat by the door so long it's furniture. Every day you look at it and think "tomorrow."

You don't need a program yet. You need proof you'll show up. Twenty minutes, a floor and a timer.

TODAY: DO THE 20-MINUTE WORKOUT ONCE

- **Warm-up, 3 min:** march in place, arm circles, 10 slow squats.
- **Circuit, 4 rounds:** 10 squats · 8 push-ups (knees or a counter are fine) · 10 lunges per leg · 30-second plank · 15 glute bridges. Rest 60 seconds between rounds.
- **Cooldown, 3 min:** stretch quads, chest, hamstrings. Breathe slow.
- Too much? Do 2 rounds. Too easy? Wear a backpack with books in it.
- Put the next two sessions in your calendar now. Mon / Wed / Fri works.

> Check with a doctor first if you have heart trouble, an injury, or haven't moved in a long time.

TODAY'S QUESTIONS

1. How many rounds did you finish, and how did you feel after?

2. When are your next two sessions?

3. What did you used to do for your body that you stopped doing?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 11

BOOZE IS A LOAN AGAINST TOMORROW

"Just a couple" turned into six, a long scroll through her photos, and a morning you'd like back.

Drinking dulls tonight and sharpens tomorrow. It also lowers the line you drew on Day 3, which is why so many regret texts go out after 11 p.m. with a drink in hand. No judgment. Just the numbers.

TODAY: COUNT LAST WEEK'S DRINKS AND SET THIS WEEK'S LIMIT

- Count honestly: drinks in the last seven days. Write the number.
- Set this week's number lower. Not zero unless you want zero.
- Name two alcohol-free nights.
- Swap the ritual, not just the drink: seltzer and lime, a walk, a call.
- No drinking and phone in the same room after 10 p.m.

> If cutting back feels impossible, or you're drinking to get through the day, the SAMHSA helpline is free and confidential: 1-800-662-4357.

TODAY'S QUESTIONS

1. Honestly, how many drinks did you have last week?

2. What is drinking doing for you right now?

3. What's this week's limit, and which two nights will be dry?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 12

GET A HAIRCUT. SERIOUSLY.

You caught your reflection in a store window and thought, "When did I start looking like this?"

This isn't vanity. How you look to yourself changes how you carry yourself, and that changes how the day goes.

TODAY: BOOK A HAIRCUT AND RESET YOUR CLOTHES

- Book a haircut or beard trim this week. Book it today, before you talk yourself out of it.
- Wash and put away every piece of clothing on the floor or the chair.
- Pick one outfit that makes you feel solid. Wear it this week for no reason.
- Toss the shirt that's been "getting fixed" since spring.

TODAY'S QUESTIONS

1. When's the haircut, and what's the outfit?

2. How do you want to feel when you walk into a room?

3. What's one thing about how you look that you stopped caring about?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 13

THE 3 P.M. SLUMP

Mid-afternoon at work. Energy's gone, focus is gone, and you're on her profile in a tab you'll have to close fast.

Everyone dips in the afternoon. After a breakup, that's when your mind goes straight to her. Give the slump a job.

TODAY: BUILD A 15-MINUTE AFTERNOON RESET

- Set a daily alarm for when it hits. 2:45 is common.
- When it goes off: **10 minutes outside** or on the stairs, **a glass of water, a protein snack** (nuts, jerky, a cheese stick).
- Then pick **one task** you can finish in 30 minutes. Only that.
- Urge to check her? Run the Day 6 script.

TODAY'S QUESTIONS

1. When does the slump hit, and what does it feel like?

2. What's your 15-minute reset?

3. Who or what do you reach for in that slot?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 14

TWO WEEKS. THE HONEST SCORECARD.

Two weeks ago, an evening without checking her stuff felt impossible. Some nights it still is. But some nights now, you forgot to check.

Halfway is where most guys quit, not because it isn't working but because it stopped feeling new. Look at the numbers.

TODAY: RE-SCORE AND COMPARE TO DAY 7

- Re-score the five from Day 7: **Phone, Sleep, Food, Movement, Mood**.
- Put them next to last week's. Mark every number that went up.
- Count workouts and dry nights this week.
- Pick the next one fix. Next week is money and your place, so if one of those is weighing on you, start there.

> If your mood has sat at 3 or under most of these two weeks, talk to a doctor or counselor. That's what they're for. If you're having thoughts of hurting yourself, call or text 988.

TODAY'S QUESTIONS

1. What are this week's scores, compared to Day 7?

2. What went up, and why do you think it did?

3. What's your next fix?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

WEEK 3: MONEY AND SPACE

DAY 15

MONEY TRIAGE

Your card got declined for something small. Or you haven't opened the bank app in a week because you don't want to know.

Breakups cost money: one income instead of two, takeout, nights out to forget, stuff bought to feel something. Not knowing makes it worse. One page, 30 minutes.

TODAY: DO THE ONE-PAGE MONEY TRIAGE

- Open your bank and card apps. Write what you have and what you owe, right now.
- List every bill due in the next 30 days, with dates.
- Mark each: **must pay**, **can call about**, or **can cancel**.
- Cancel one thing you pay for and don't use. The shared streaming she still logs into counts.
- Find your "pain spending" category from the last two weeks (takeout, bars, online carts). Set a weekly cap.

> Not financial advice. If debt feels out of hand, nonprofit credit counseling through the NFCC (nfcc.org) is a good, low-cost first call.

TODAY'S QUESTIONS

1. What did you cancel?

2. Where does pain spending show up for you?

3. What's your weekly spending cap?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 16

UNTANGLE THE SHARED STUFF

Her name is still on the electric bill. The car insurance. A joint subscription you both forgot. Every month it's a reminder that also costs money.

Shared stuff keeps a door open you're trying to close. Sorting it is one of your honest exceptions from Day 3: logistics only, short and clean.

TODAY: LIST EVERY SHARED ACCOUNT AND SEND ONE LOGISTICS MESSAGE

- List everything shared: lease, utilities, phone plan, insurance, joint accounts, subscriptions, the pet, money owed either way.
- Next to each, write what needs to happen and by when.
- Send **one** message covering all of it: "Hey. Want to get the shared stuff sorted so it's clean for both of us. Here's my list: [items]. Can you let me know by [date] what works?"
- No feelings, no "how are you," no follow-up if she's slow. Wait for the date.

> Not legal advice. If a lease, property or kids are involved and it's tense, a mediator or local legal aid costs less than a long dispute.

TODAY'S QUESTIONS

1. How many shared accounts and items did you find?

2. Which one have you been avoiding, and why?

3. Did you send the logistics message? How did it go?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 17

TAKE YOUR PLACE BACK, ONE ROOM AT A TIME

Her side of the bed. The hair tie on the nightstand. The candle she bought that you've never lit. You walk past it every night.

Your place is either reminding you of her or reminding you of you. One room at a time, starting with the bedroom, because that's where the worst nights happen.

TODAY: RESET YOUR BEDROOM IN ONE HOUR

- One-hour timer. Strip the bed and wash everything.
- Clear every surface. Her things go in a pile for tomorrow. Trash goes out.
- Move one thing: bed to the other wall, a new lamp, switch sides. Something that says new.
- Add one thing that's yours: a plant, a good lamp, a photo with your friends.
- Make the bed tomorrow morning. And the morning after.

TODAY'S QUESTIONS

1. What did you move?

2. What did you add that's yours?

3. How does the room feel now?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 18

THE BOX

Her hoodie is still on the hook by the door. You put it on once last week and you're not telling anyone.

Leaving her stuff out keeps it raw. Throwing it all out in a mood is usually regretted. The middle path is a box.

TODAY: PACK HER THINGS AND SET A HANDOFF

- One box: everything of hers, plus anything that gets you every time you see it. Gifts, cards, photos, the hoodie.
- Tape it. Put it in a closet, the trunk, or a friend's garage. Out of sight.
- Her belongings get one logistics text: "I've got a box of your things. Want me to drop it off [day], or leave it with [friend]?" Pick the handoff with the least contact.
- Gifts and keepsakes: leave the box shut 30 days, then decide keep, donate or toss with a clearer head.

TODAY'S QUESTIONS

1. What was the hardest thing to put in the box?

2. What did it mean to you?

3. When is the handoff day?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 19

MUTUAL FRIENDS

Your buddy mentions he saw her Saturday. You say "cool," then spend an hour wondering who she was with.

Mutual friends are where no contact leaks. You don't have to make anyone choose. You need one clear rule and one sentence.

TODAY: SET YOUR FRIEND RULE AND SEND THE ONE-LINER

- Your rule: "I don't ask about her, and I'd rather not hear updates for now."
- Send it to the two or three friends closest to you both: "Hey, small ask. I'm doing better not hearing about her for a while. Not mad at anybody. Just don't pass along news, good or bad. Thanks, man."
- Don't trash her to the group. It gets back to her, and it keeps you in it.
- Event with both of you there? Decide ahead: go for an hour with a friend, or skip this one. Both are fine.

TODAY'S QUESTIONS

1. Who did you send the one-liner to, and how did they take it?

2. Which friendship are you worried about?

3. Who do you want to see more of?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 20

CLEAN UP YOUR FEED

You opened Instagram to check a score, and three taps later you're on her cousin's page looking at a photo from Saturday.

On Day 1 you muted her. Now finish it, because the algorithm still thinks she's your favorite person.

TODAY: DO A 20-MINUTE SOCIAL MEDIA CLEANUP

- Mute or unfollow her friends and family whose posts lead you to her. You can refollow later.
- Archive old posts of the two of you if they sting. Archive, don't delete.
- Turn off "Memories" and "On this day" in your photo app and Facebook.
- Take the app you check her on most off your home screen. Use the browser for a week. The extra steps are the point.
- Follow three accounts about something you want more of: lifting, cooking, a hobby, a place you want to go.

TODAY'S QUESTIONS

1. What came off your home screen?

2. What were you scrolling for?

3. Which three new accounts did you follow, and why?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 21

THREE WEEKS. YOU'RE NOT THE SAME GUY.

Somebody asked how you're doing and, for the first time, you said "pretty good" and mostly meant it. Then you felt weird about it. That's normal.

Three weeks is long enough for habits to start holding on their own. Look at what you've built.

TODAY: RE-SCORE AND NAME THREE CHANGES

- Score six now: **Phone, Sleep, Food, Movement, Mood, Money / Place**.
- Reread your Day 1 answer if you wrote it down.
- Write three things you do now that you didn't three weeks ago. Small counts: bed made, phone across the room, three workouts.
- Circle the one you most want to keep for good.

> The last stretch is about you: how you spend weekends, who's around you, and what comes next.

TODAY'S QUESTIONS

1. What are your six scores?

2. What are three things you do now that you didn't do three weeks ago?

3. What still hurts the most?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

WEEK 4: WHO YOU ARE NOW

DAY 22

THE WEEKEND PLAN

Saturday afternoon. Nothing planned. The place is quiet, and it's the hour you two used to go do something.

Weekdays have structure. Weekends don't, and that's where the lonely hours are. You don't need a full calendar. You need three anchors.

TODAY: PUT THREE ANCHORS IN THIS WEEKEND

- Write out Friday 6 p.m. to Sunday 10 p.m. Mark the hours that are usually worst.
- One **anchor** per day: Friday something social, Saturday something physical, Sunday something that sets up the week (groceries, laundry, meal prep).
- Make one plan with a person today: "Breakfast Saturday?" or "Gym Sunday?"
- Sunday evening, 20 minutes: look at the week and lay out Monday's clothes and lunch.

TODAY'S QUESTIONS

1. What are your three anchors for this weekend?

2. Who said yes?

3. Which part of the weekend scares you?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 23

IF YOU SEE HER WITH SOMEONE NEW

A photo comes up, or a friend lets it slip. She's with someone. Your stomach drops like you missed a step.

It may have already happened, or it may not for months. Either way, it's easier when you've decided ahead of time what you'll do.

TODAY: WRITE YOUR FIRST-HOUR PLAN

- **First hour:** don't text her, don't look him up, don't post anything. Phone down, leave the room.
- Call or text one person. Write their name down now.
- Move: walk, gym, or the Day 10 workout.
- Tell yourself: "Her moving on doesn't decide anything about me." Her timeline isn't a scoreboard.
- Next day: reread your Day 5 list. Then get on with your day.

> If it hits hard and stays heavy for days, tell someone. If it ever goes darker than that, call or text 988.

TODAY'S QUESTIONS

1. What's your plan for the first hour?

2. Who would you call?

3. What would you want to tell yourself that night?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 24

THE HOLIDAYS ARE COMING

Thanksgiving is a few weeks out. Last year she was at the table. This year your aunt is going to ask, "So where's...?"

Holidays stack up memories, family questions and free time all at once. With a plan, they're manageable. Without one, they're rough.

TODAY: PLAN YOUR NEXT TWO HOLIDAYS

- Decide where you'll be for Thanksgiving and Christmas. Say yes to an invite, or host a friendsgiving.
- Your one-liner for family: "We split up. I'm doing alright, thanks. How's work?" Then change the subject.
- Drive yourself, and know when you're leaving.
- Day 11 rules apply at family gatherings.
- Block one holiday-week morning that's yours: a long run, a turkey trot, a solo breakfast somewhere good.
- No holiday text to her. Write that down now.

TODAY'S QUESTIONS

1. Where will you be for the next two holidays?

2. What's the morning that's yours going to look like?

3. Which day are you dreading, and why?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 25

PICK ONE THING YOU USED TO LOVE DOING

You found a guitar pick in a drawer, or your fishing gear in the garage, or a playlist from before you met her. You forgot you used to be into that.

Relationships wear down the edges. You did things her way, skipped what she wasn't into, let some of it go. Some of that was fair. Some of it was you, and it's worth getting back.

TODAY: DO ONE OLD INTEREST FOR AN HOUR THIS WEEK

- Write five things you loved before her, or always wanted to try.
- Circle one you could do this week for an hour, cheap and simple.
- Put it on the calendar: day and time.
- Tell one person you're doing it. Harder to skip that way.

TODAY'S QUESTIONS

1. What did you pick, and when are you doing it?

2. What did it feel like to do it?

3. What else did you drop during the relationship?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 26

SAY YES TO SOMETHING YOU'D NORMALLY SKIP

A coworker mentioned trivia night, or a buddy asked you to join his league, and your reflex was "nah, I'm good."

Staying in feels safe, and it makes the lonely parts worse. You don't need a new crew this week. You need one evening around people.

TODAY: SAY YES TO ONE INVITE

- Say yes to the next invite. Stay one hour, then decide.
- No invites? Find one: a rec league, run club, climbing gym, class, volunteer shift. Sign up today.
- Message one friend you've drifted from: "Been a while, man. Beer or coffee this week?"
- When you're there, ask people questions. You don't owe anyone the breakup.
- Still feeling it on weekends? That's normal. Keep your Day 22 anchors.

TODAY'S QUESTIONS

1. What did you say yes to?

2. How did it go?

3. Who did you reach out to?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 27

IF SHE REACHES OUT

Her name lights up your phone. Your heart's going like you just sprinted, and your thumbs are already moving.

It might happen, it might not. If it does, you don't want to decide in the first 30 seconds. Decide now, while you're calm.

TODAY: WRITE YOUR RULE FOR IF SHE TEXTS

- **Wait.** Nothing needs an answer in the first hour. Most things don't need one that day.
- **Read what she wrote,** not what you hope it means. "Hope you're good" means "hope you're good."
- **Logistics?** Short and clean, like Day 16.
- **Anything else?** Ask: does replying help me, or just feel good for ten minutes? You can answer kindly and briefly, or not at all.
- **Getting back together** is a decision for a calm week with a friend's honest input, never a 2 a.m. text.

> This isn't about making her chase you or playing it cool. It's about you staying steady either way.

TODAY'S QUESTIONS

1. What's your rule if she texts, in one or two sentences?

2. What would you want from that message?

3. What would you say to a friend in your spot?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 28

FOUR WEEKS. LAST CHECK-IN.

It's been close to a month. Some days you don't think about her until lunch. Some days she's the first thing. Both are part of this.

Last weekly check-in. Lay it out so you can see it.

TODAY: FINAL SCORECARD AND THREE HABITS TO KEEP

- Score all six: **Phone, Sleep, Food, Movement, Mood, Money / Place**.
- Line up Days 7, 14, 21 and today. Which went up most?
- Pick **three habits** you're keeping past Day 30. Put them where you'll see them daily.
- Pick the one area that still needs work. That's next month's focus.

TODAY'S QUESTIONS

1. Which score went up the most?

2. What are the three habits you're keeping?

3. Where were you on Day 1, and where are you now?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 29

DATING AGAIN: WHEN, NOT HOW

A friend says, "You should get back out there." You opened a dating app, scrolled for two minutes, and closed it feeling worse.

There's no right number of weeks. There are honest signs you're ready, and signs you're looking for something to make the hurt stop.

TODAY: TAKE THE FIVE-QUESTION READINESS CHECK

- **Could I go on a date without talking about her?**
- **Would I be okay if she found out?** Not happy. Okay.
- **Am I looking for a person, or a painkiller?**
- **Are my sleep, money and routines mostly steady?**
- **Do I like the guy I've been this month?**
- Mostly yes: go slow and keep your habits. Mostly no: delete the app for another month. That's timing, not losing.

TODAY'S QUESTIONS

1. How many yeses did you get out of 5?

2. Honestly, would you be looking for a person or a painkiller?

3. What do you want to be different next time?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.

DAY 30

YOU'RE MOVING AGAIN

Think back to Day 1, when clearing her off your home screen took everything you had. Today you maybe didn't check her stuff at all. Or you did once and put the phone down.

You didn't wait it out. You took it back one piece at a time: the phone, sleep, the gym, the money, your place, your people. You're moving again, back toward the person you were before her, only better.

TODAY: WRITE YOUR 30-DAY REVIEW AND NEXT 30

- **What's better:** five things that are better than 30 days ago.
- **What's still hard:** be honest. It can still be a work in progress.
- **What I'm keeping:** your three habits from Day 28.
- **Next 30 days:** one goal for your body, one for money, one for people, one just for you.
- Set a reminder 30 days out to read this again.

> You can start again from Day 1 anytime. Hard weeks happen. You know what to do now.

TODAY'S QUESTIONS

1. What's the best thing that's changed?

2. What would you tell the guy you were on Day 1?

3. What's one goal for the next 30 days?

WRITE YOUR ANSWERS

Opens a page with a box for each question. Send them to Fearless in Motion or keep them to yourself. Sharing is optional.