

THE UNBROKEN MAN

30-Day Companion Workbook
(Printable)



• Daily Pages •
Weekly Check-Ins
• Trackers

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How to Use This Workbook

This workbook is designed to be simple, repeatable, and doable—even on hard days.

You'll use it in three ways:

1) Daily Pages (Days 1–30)

Each day takes about 15–20 minutes. You'll capture the truth, complete one practice, and take one small action that moves you forward.

2) Weekly Check-Ins (End of each week)

Once a week, you'll review what's working, what's not, and what you're changing next week. This is how you build real momentum.

3) Trackers & Plans (Baseline + 90-Day Map)

You'll measure your progress so your mind can't convince you "nothing is changing" when it actually is.

The only rule: don't aim for perfect. Aim for honest and consistent.

Quick Start (Today in 15 Minutes)

If you're overwhelmed, do this—right now.

Step 1 — Breathe (2 minutes)

Inhale for 4 • hold for 2 • exhale for 6 • repeat 6 times.

Step 2 — Write the Truth (5 minutes)

Finish these sentences:

The hardest part of today is...

What I'm afraid will happen is...

What I need most right now is...

The next right step is...

Step 3 — Move Your Body (3 minutes)

Walk, stretch, or shake out tension. Nothing intense—just enough to discharge pressure.

Step 4 — One Brave Action (5 minutes)

Choose one:

- Text one safe person
- Step outside for 5-10 minutes
- Eat a real meal
- Clean one small area
- Schedule one support check-in

Baseline Snapshot (Start Here)

Rate each from 0–10 (0 = none, 10 = extreme)

Anxiety / panic: _____

Sleep quality: _____

Loneliness: _____

Anger / irritability: _____

Shame / self-blame: _____

Hope about the future: _____

Energy / motivation: _____

Spiritual connection / meaning: _____

Clarity about next steps: _____

Top 3 triggers (circle)

nights • weekends • texts • social media • empty house • finances • holidays • co-parenting • dating
fear

In 30 days, I want: _____

Signature: _____ Date: _____

WEEK 1 — STABILIZE

This week I'm focusing on: _____

My 3 non-negotiables this week

My biggest risk times (schedule them)

Time/Day: _____ Plan: _____

Time/Day: _____ Plan: _____

My support plan (who/when)

Name: _____ When: _____

Name: _____ When: _____

This week's one rule

"I will not _____."

End-of-week target: By the end of this week, I want to feel: _____

WEEK 2 — RELEASE

This week I'm focusing on: _____

My 3 non-negotiables this week

My biggest risk times (schedule them)

Time/Day: _____ Plan: _____

Time/Day: _____ Plan: _____

My support plan (who/when)

Name: _____ When: _____

Name: _____ When: _____

This week's one rule

"I will not _____."

End-of-week target: By the end of this week, I want to feel: _____

WEEK 3 — REBUILD

This week I'm focusing on: _____

My 3 non-negotiables this week

My biggest risk times (schedule them)

Time/Day: _____ Plan: _____

Time/Day: _____ Plan: _____

My support plan (who/when)

Name: _____ When: _____

Name: _____ When: _____

This week's one rule

"I will not _____."

End-of-week target: By the end of this week, I want to feel: _____

WEEK 4 — RISE

This week I'm focusing on: _____

My 3 non-negotiables this week

My biggest risk times (schedule them)

Time/Day: _____ Plan: _____

Time/Day: _____ Plan: _____

My support plan (who/when)

Name: _____ When: _____

Name: _____ When: _____

This week's one rule

"I will not _____."

End-of-week target: By the end of this week, I want to feel: _____

DAY 01 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 02 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 03 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 04 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 05 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 06 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 07 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 08 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 09 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 10 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 11 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 12 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 13 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 14 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 15 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 16 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 17 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 18 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 19 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 20 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 21 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 22 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 23 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 24 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 25 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 26 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 27 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 28 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 29 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

DAY 30 —

Theme of the Day (1 sentence): _____

How I feel right now (circle all that apply):

calm • anxious • angry • lonely • numb • sad • hopeful • tired • restless • clear

Today's Truth (2–3 lines)

15-Min Practice (check as you complete)

- Breath / grounding (2–3 minutes)
- The day's exercise (10 minutes)
- Short reset (walk / shower / stretch)
- Close with one clear next step

What I did (1 line): _____

Guided Meditation (3–5 minutes)

- Completed

One word that describes how I feel after: _____

Journal Prompts (answer 1–2)

One Brave Action (small, real-world step)

Today I will: _____ Done

Tonight Plan (protect your sleep)

My "night anchor" is: _____

- Phone away from bed
- No doom scrolling
- 5-minute downshift breathing

End-of-Day Check (0–10)

Peace: ____ Connection: ____ Clarity: ____ Self-respect: ____

One win today (even small): _____

One thing I'll do better tomorrow: _____

Weekly Check-In (Week 1)

1) What improved this week? (be specific)

2) What triggered me most—and what did I learn?

3) What tools worked best for me? (circle)

breathwork • journaling • movement • boundaries • community • admin hour • sleep routine

4) My biggest pattern to stop next week is:

5) My one rule for next week is

“I will not _____.”

6) My focus for next week is: _____

Baseline re-check (0–10):

Anxiety ____ Sleep ____ Loneliness ____ Anger ____ Shame ____ Hope ____

Signature: _____ Date: _____

Weekly Check-In (Week 2)

1) What improved this week? (be specific)

2) What triggered me most—and what did I learn?

3) What tools worked best for me? (circle)

breathwork • journaling • movement • boundaries • community • admin hour • sleep routine

4) My biggest pattern to stop next week is:

5) My one rule for next week is

“I will not _____.”

6) My focus for next week is: _____

Baseline re-check (0–10):

Anxiety ____ Sleep ____ Loneliness ____ Anger ____ Shame ____ Hope ____

Signature: _____ Date: _____

Weekly Check-In (Week 3)

1) What improved this week? (be specific)

2) What triggered me most—and what did I learn?

3) What tools worked best for me? (circle)

breathwork • journaling • movement • boundaries • community • admin hour • sleep routine

4) My biggest pattern to stop next week is:

5) My one rule for next week is

“I will not _____.”

6) My focus for next week is: _____

Baseline re-check (0–10):

Anxiety ____ Sleep ____ Loneliness ____ Anger ____ Shame ____ Hope ____

Signature: _____ Date: _____

Weekly Check-In (Week 4)

1) What improved this week? (be specific)

2) What triggered me most—and what did I learn?

3) What tools worked best for me? (circle)

breathwork • journaling • movement • boundaries • community • admin hour • sleep routine

4) My biggest pattern to stop next week is:

5) My one rule for next week is

“I will not _____.”

6) My focus for next week is: _____

Baseline re-check (0–10):

Anxiety ____ Sleep ____ Loneliness ____ Anger ____ Shame ____ Hope ____

Signature: _____ Date: _____

Your 90-Day Rebuild Map

In 90 days, I want:

Health/Energy: _____

Stability (home/money/routine): _____

Connection/Community/Spirit: _____

My 3 daily minimums

1) _____ 2) _____ 3) _____

My weekly structure

Movement ___/week • Connection ___/week • Community ___/week • Admin hour 1x/week

The Slip Plan (When I Spiral)

When I slip, I will:

Tell the truth: "I'm activated."

Reset the body: water + breath + walk

Do one stabilizing action: _____

Contact one person: _____

The next right step I usually avoid is: _____

Notes



A series of 20 horizontal dashed lines, evenly spaced, providing a template for writing notes.

Notes



A series of 20 horizontal dashed lines, evenly spaced, providing a template for writing notes.

Closing Page

You finished the 30-day program.

Now keep the momentum with your 90-day map—one day at a time.

Steady beats perfect. You are Unbroken.