

THE UNBROKEN MAN

90-DAY REBUILD PLAN

Weekly Tracker • Habit System • Slip Plan

A Simple Structure Plan for Peace, Sleep & Stability

STRUCTURE > MOTIVATION



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How to Use This 90-Day Plan

This is not a motivation plan. It's a structure plan.

The goal of the next 90 days is simple:
less spiraling, better sleep, steadier emotions, stronger routines.

How to use it:

- Set your 90-day targets (Page 3).
- Choose your weekly skeleton (Page 4).
- Commit to your daily minimums (Page 5).
- When you slip, follow the Slip Plan (Page 6).
- Check in weekly (Pages 8-9 + tracker pages).

Rule: Don't aim for perfect. Aim for repeatable.

Your 90-Day Targets (Keep It Simple)

Rate where you are today and define a simple target for the next 90 days.

Rate where you are today (0-10):

Peace / calm: _____ /10

Sleep quality: _____ /10

Connection (not isolating): _____ /10

Clarity / direction: _____ /10

In 90 days, I want to be at:

Peace / calm: _____ /10

Sleep quality: _____ /10

Connection: _____ /10

Clarity: _____ /10

My top 3 triggers (circle):

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

My 90-day focus statement (one sentence):

"In the next 90 days, I'm building stability by _____."

Your Weekly Skeleton (The Minimum Structure That Works)

Pick realistic numbers. Consistency beats intensity.

Movement (walk/gym): _____ times/week

Connection (call/meetup): _____ times/week

Community (group/church/class): _____ times/week

Admin hour (money/divorce/logistics): 1 time/week

Third place (cafe/gym/library/park): _____ visits/week

My "high-risk times" (schedule structure here):

Friday night plan: _____

Saturday plan: _____

Sunday plan: _____

One rule that protects my peace this week:

"I will not _____."

Daily Minimums (Choose 3)

These are your foundation. Keep them small and repeatable.

Choose 3:

- 10 minutes grounding / prayer / meditation
- Movement (10-30 minutes)
- One real meal (protein + something grown)
- One connection touchpoint (text/call/meet)
- No phone in bed
- Lights out in a consistent window
- 5-minute journaling ("Right now I feel...")

My 3 daily minimums are: _____

Daily Minimum Rules

- If I'm exhausted, I do the smallest version (not zero).
- I never miss twice in a row.
- I don't negotiate at night. I follow the plan.

The Slip Plan (When You Spiral)

You will slip. That's human. The goal is to recover fast.

Step 1 - Tell the truth (10 seconds)

"I'm activated."

Step 2 - Reset the body (5 minutes)

water long exhales short walk or shower

Step 3 - Do one stabilizing action (10 minutes)

My #1 stabilizing action is: _____

Backup option: _____

Step 4 - Re-enter connection (2 minutes)

Person I can contact: _____

Message I will send: "Rough moment. Can we talk tomorrow?"

Step 5 - Night rule

No major decisions after 9 PM. I decide in the morning.

My reminder sentence:

"Steady beats perfect. I return to the next right step."

Week 0 Setup Checklist (Do This Once)

In one hour, you can make the next 90 days easier.

- Choose your 3 daily minimums
- Pick your Third Place (gym/cafe/library/park)
- Put 2 connection check-ins on your calendar
- Set a simple bedtime window
- Create a "Night Reset" plan (protocol + phone away)
- Create a folder for divorce/admin paperwork
- Remove one major trigger from your bedroom (phone/photos/old items)
- Stock one simple "stable meal" option (easy protein + basics)

My Week 0 completion date: _____

Weekly Plan (Simple + Realistic)

Plan the week in advance. Keep the structure simple and realistic.

Week of: _____ to _____

This week's focus: Sleep Peace Connection Routine
 Boundaries Admin clarity

My 3 weekly commitments: _____

My schedule anchors

Movement days: _____

Connection day(s): _____

Community day(s): _____

Admin hour day/time: _____

Third place day(s): _____

My "high-risk time" plan (pick one): _____

Friday / Saturday / Sunday: _____

Weekly Check-In (End of Week)

Use this once a week. Review what worked, what triggered you, and what changes next.

Week #: _____ Date: _____

Rate (0-10): Peace ____ Sleep ____ Connection ____ Clarity ____

1) What improved this week?

2) What triggered me most? What did I learn?

3) What worked best? (circle) breathing - journaling - movement - boundaries - community - admin hour - third place

4) What do I stop next week?

5) My one rule for next week is: "I will not _____."

6) My focus for next week is:

Weekly Tracker (Weeks 1-4)

Record the essentials each week. Keep it brief and honest.

Week 1

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Week 2

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Week 3

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Week 4

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Weekly Tracker (Weeks 5-8)

Record the essentials each week. Keep it brief and honest.

Week 5

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Week 6

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Week 7

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Week 8

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Weekly Tracker (Weeks 9-12)

Record the essentials each week. Keep it brief and honest.

Week 9

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Week 10

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Week 11

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Week 12

Daily minimums completed (days): ____ /7

Peace avg (0-10): ____ Sleep avg: ____ Connection avg: ____

One win: _____

One adjustment: _____

Hard Dates Planner (Weekends / Holidays / Anniversaries)

Hard dates are predictable. That means they're manageable.

Date: _____ Type: holiday anniversary weekend other

My high-risk time window: _____

BEFORE (plan)

Support contact: _____

Exit plan: _____

One stabilizing activity: _____

DURING (choose 2)

movement

call/text someone

public place (even 20 minutes)

spiritual practice (10 minutes)

one real meal

AFTER (next morning)

Morning reset action: _____

One reward that isn't self-destructive: _____

Reminder: A hard day doesn't get to rewrite my whole life.

THE UNBROKEN MAN

Closing Page

This plan works if you keep it simple.

You're not building perfection.

You're building stability.

Steady beats perfect.

You are Unbroken.