

A Routine for a Bad Week

Write the stripped-down version of your days now, before the next hard stretch.

WHEN TO USE THIS

Use this on a steady day, so it is ready for a week when nothing is steady.

Think of your last bad week. What fell apart first?

If a week goes sideways, what are the three or four things you keep doing anyway?

Only what genuinely has to stay.

1.

2.

3.

4.

What is allowed to slide for a week without real trouble?

Name it now so you do not argue with yourself later.

Who could you tell that you are having a hard week, and what would you ask them for?

The short version is still your routine. It is built for the week you are in.