



1 What changed? *One sentence is enough.*

2 What must be handled this week only? *Keep it small. One appointment and one check-in counts.*

☐ Food _____	☐ Rest _____	☐ Bills _____
☐ Childcare _____	☐ Transportation _____	☐ Key calls _____
☐ _____	☐ _____	
☐ _____	☐ _____	

3 Break it into mini-decisions *Star the one you can do in under 30 minutes.*

1. _____ ★	5. _____ ★
2. _____ ★	6. _____ ★
3. _____ ★	7. _____ ★
4. _____ ★	8. _____ ★

4 Compare your options side by side *Rate each 1 to 5, or jot a few words.*

	Option A	Option B	Option C
Cost			
Time			
Risk			
Support			
Health & relationships			
What I'd choose on a hard day			

5 Daily anchors *Color in a circle each day you do it.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Two-Minute Morning Reframe	☐	☐	☐	☐	☐	☐	☐
10-Minute Worry Window	☐	☐	☐	☐	☐	☐	☐
My tiny habit: _____	☐	☐	☐	☐	☐	☐	☐

My support check-in this week: _____