

SECTION 04 · SEVEN PRACTICAL TOOLS

# Personal reset.

Rebuild basic functioning. Not reinvention —  
rhythm. We'll get the lights back on first.

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Rebuild basic functioning. Rhythm before reinvention.

PERSONAL RESET · TOOL 15

# Weekly reset sheet.

A calmer way to start the week. You do not need a perfect week — you need visibility, priorities, structure, and fewer surprises.

USE THIS TO

Regain weekly visibility

Lower mental clutter

Reduce forgotten tasks

Restore rhythm

Run a Sunday or Monday reset

Stop reacting to the week

TOOL 15 · WEEKLY RESET

# Reset the week before it starts.

Most of the stress that builds across the week is avoidable. Twenty minutes on a Sunday — priorities written, calendar checked, groceries roughly planned — and the week feels less like a series of surprises.

## 01 This week's priorities

PICK FIVE

MONEY

KIDS

ADMIN

HEALTH

HOME

## 03 Stabilising actions

What would make this week feel calmer?

## 02 Weekly checklist

RUN EVERY WEEK

- Calendar checked.
- School logistics confirmed.
- Meals roughly planned.
- Groceries organised.
- Bills reviewed.
- Laundry reset.
- Medication checked.
- Upcoming appointments reviewed.
- One social or support contact planned.
- Movement or exercise planned.

What is creating the most unnecessary stress right now?

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### MINIMUM VIABLE WEEK

If capacity is low, shrink the week to basics: pay or note urgent bills, keep food in the house, confirm kids and appointments, wash enough clothes, contact one steady person, and sleep as well as you can.

TOOL 16 · ROUTINE BUILDER

# Structure reduces decision fatigue.

Separation often dissolves rhythm — eating, sleeping, exercise, simple weekly habits. This is not about perfection. It's about writing down two or three repeatable anchors so the days don't have to be reinvented every morning.

## 01 Morning reset ● TARGET TIMES

TASK	TIME
Wake up	
Breakfast	
Shower / get ready	
School or work prep	
Leave house	

## 02 Evening reset ● TARGET TIMES

TASK	TIME
Dinner	
Screens down	
Kids prep	
Shower / wind down	
Sleep target	

## 03 Weekly anchors ● CIRCLE THREE TO KEEP

Which repeating routines make the week feel more stable? Circle the ones you already do, or want to start.

Morning walk
  Sunday reset
  Meal prep
  Gym or run
  Calling a friend
  Early bedtime

Reading
  Coffee out alone
  Phone-free hour

### Which routines, if I kept them, would make life feel most functional?

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TOOL 17 · SOLO NIGHTS

# The quiet feels loud at first.

Non-kids nights are one of the hardest shifts after separation. The point of this sheet is not to fill the silence — it's to have a plan ready, so the evening doesn't default to spiralling, scrolling, or drift.

## 01 Healthy default plan

My ideal low-pressure evening looks like —

DINNER

MOVEMENT

SCREEN LIMIT

WIND DOWN

SLEEP TARGET

## 02 Solo night checklist

● AIM FOR MOST, NOT ALL

- Eat a proper dinner.
- Tidy one small area.
- Move the body somehow.
- Avoid spiralling conversations.
- Limit alcohol if possible.
- Do one calming activity.
- Sleep before midnight.

What usually makes solo nights feel harder — and what is one small thing that helps?

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PERSONAL RESET · TOOL 18

# Low-energy meal plan.

Reduce food decision fatigue. The goal is not healthy perfection — it's functioning. Easy defaults, repeatable meals, lower mental load.

USE THIS TO

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Stop the 6 pm dinner spiral

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Hold a steady grocery list

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Keep emergency food in

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Cover the kids' basics

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Eat one proper meal a day

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Stop ordering in by default

TOOL 18 · MEAL PLANNER

# Five meals on repeat is fine.

Stress reduces executive function — choosing what’s for dinner becomes one decision too many. Write five things you can make on autopilot and a short shop list. That’s the whole system.

## 01 Easy default meals

● FIVE IS ENOUGH

MEAL

KEY INGREDIENTS

MEAL	KEY INGREDIENTS

## 02 Emergency low-energy foods

● KEEP STOCKED

- Frozen meals.
- Pasta or rice.
- Eggs.
- Wraps.
- Yoghurt.
- Fruit.
- Rotisserie chicken.
- Soup.
- Sandwich ingredients.

## 03 Weekly grocery reset

● SIX CATEGORIES

- Lunches.
- Kids snacks.
- Breakfast basics.
- Dinner staples.
- Water and drinks.
- Household supplies.

Which foods, kept in the house, make the rest of the week easier?

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TOOL 19 · MOVEMENT

# Regulation before optimisation.

During separation, movement is not about body transformation. It's nervous-system support — sleep, mood, steadiness. A walk most days will do more than a perfect program you skip. Pick something repeatable.

## 01 Low-pressure movement options

● PICK WHAT YOU'LL ACTUALLY DO

Walking   Stretching   Gym   Running   Swimming   Yoga   Cycling   Mobility work

Team sports   Climbing   Other —

## 02 Weekly movement plan

● ONE SMALL THING PER DAY

DAY	MOVEMENT
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Which kind of movement leaves me feeling more grounded afterwards?

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TOOL 20 · SUPPORT MAP

# Do not carry this entirely alone.

Social structure changes quickly after separation — some people step in, some step back. This page is a quiet inventory of who is actually around, what they're useful for, and where the gaps are.

## 01 Practical support

● HANDS-ON HELP

PERSON	CAN HELP WITH

## 02 Emotional support

● PEOPLE YOU CAN BE HONEST WITH

PERSON	WHY THEY HELP

## 03 Professional support

● NAMES & NUMBERS IN ONE PLACE

- GP.
- Lawyer.
- Accountant.
- Financial adviser.

- Therapist or counsellor.
- Mediator.
- Coach or mentor.
- Other.

Who do I feel calmer around afterwards — and am I letting them help?

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TOOL 21 · STABILITY

# Notice what is slowly improving.

Progress through separation is mostly invisible from the inside. A weekly check-in stops the steady, quiet improvements from going unnoticed. This is not optimisation — it’s evidence that things are moving.

## 01 Weekly stability check-in

● MARK ROUGHLY — NOT PERFECTLY

AREA	SCORE · 1 TO 10									
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Money stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parenting rhythm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Home stability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emotional capacity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social connection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 02 Small wins this week

What became slightly easier?

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## 03 Next stabilising step

What would help life feel five percent steadier next week?

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CLOSING — SECTION 04

# You do not need to reinvent your life. The first goal is the lights back on.

Small systems restore capacity. Capacity creates clearer thinking. Clearer thinking creates better decisions. Stability comes first — everything else follows from there.

- STABLE
- RHYTHM
- FUNCTIONING
- STEADY

USE WITH ATLAS

Turn the next stabilising actions from this section into **Goals**. Keep them small: one routine, one support contact, one health step, one home reset.