

SECTION 05 · TOOL 22 · A FOUR-PAGE WORKBOOK

Rebuild goals.

Start becoming someone again. Not reinvention — quiet, deliberate forward movement. Life slowly becoming yours.

IN THIS WORKBOOK

- 01 Where things stand right now
 - 02 Rebuild priorities
 - 03 Rebuilding everyday life
 - 04 Future direction
-

Ends with a snapshot you can return to, and the next three small rebuild actions.

PAGE 01 · THE SNAPSHOT

Where things stand right now.

Before rebuilding comes visibility. This is not an assessment to grade yourself against. It's a low-resolution map — what feels stable, what feels neglected, what quietly needs attention.

01 Current life snapshot

● MARK ROUGHLY · 1 TO 10

AREA	SCORE · 1 TO 10									
Money	<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"/>
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"/>
Parenting	<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"/>
Friendships	<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	<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"/>
Identity	<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"/>
Work	<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"/>
Future relationships	<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"/>

Which area feels most stable right now?

Which creates the most stress or uncertainty?

If one area became twenty percent steadier over the next six months, which would improve life most overall?

Deliberate progress, not maximum.

Not every problem needs solving immediately. Small stability improvements compound. Pick what's true — leave the rest blank. The page is for visibility, not pressure.

01 Money

STABILITY BEFORE GROWTH

What would financial stability actually look like for me?

PRACTICAL GOALS

- Build emergency buffer.
- Reduce debt pressure.
- Understand spending clearly.
- Improve income stability.
- Create long-term housing plan.
- Reduce financial anxiety.
- Other.

02 Health

FUNCTIONING, NOT OPTIMISATION

What habits make me feel more functional?

PRACTICAL GOALS

- Sleep consistency.
- Walking or movement.
- Gym or fitness.
- Better food structure.
- Reduced alcohol.
- Stress management.
- Medical check-ups.
- Other.

03 Parenting

STEADINESS OVER PERFORMANCE

What helps the kids feel steadier?

PRACTICAL GOALS

- Better routines.
- Reduced household chaos.
- Better communication.
- More predictable schedules.
- More present time together.
- Less conflict exposure.
- Other.

The quieter rebuild.

The big things — money, health, parenting — get the attention. These four are the ones that often get neglected and quietly determine how the rest of life feels. Mark what's true, skip what isn't.

04 Friendships & social life

Which people make life feel calmer or healthier?

- Reconnect with old friends.
- Build healthier social rhythms.
- Reduce isolation.
- Join activities or community.
- Spend less time around draining people.
- Other.

06 Identity

What parts of myself disappeared during the stress?

- Creativity.
- Confidence.
- Fitness.
- Curiosity.
- Calmness.
- Social confidence.
- Personal interests.
- Other.

05 Home

What would make home feel calmer?

- Declutter.
- Better routines.
- Create personal space.
- Improve organisation.
- Stabilise housing.
- Make the environment feel lighter.
- Other.

07 Work

What work situation would support a steadier life?

- Reduce burnout.
- Increase income stability.
- Improve work / life balance.
- Career development.
- Better boundaries.
- More meaningful work.
- Other.

PAGE 04 · FORWARD

Quiet direction, small steps.

The future doesn't need to be designed in detail. A rough sense of where steadier looks, plus the next three honest actions, is more than enough to keep moving.

08 Future relationships

Which relationship patterns do I not want to repeat?

What would a calmer relationship look like now?

09 The next six months

● SKETCH, DON'T PLAN

If life became noticeably steadier six months from now, what would probably be different?

- What would mornings feel like?
- What would money feel like?
- What would parenting feel like?
- What would home feel like?
- What would your nervous system feel like?

10 Small next steps

● THE NEXT THREE ACTIONS

Not the whole plan. The next three honest, do-able rebuild actions.

01 ACTION

02 ACTION

03 ACTION

USE WITH ATLAS

90-day bridge to Goals.

Choose one 90-day direction, then add the next three actions to **Goals**. Boring is good: book the GP, call the insurer, walk three mornings, set a school-night dinner default, save \$25 a week, update the resume, clear one cupboard.

CLOSING — SECTION 05

Rebuilding after separation is usually quieter than people expect.

Clearer weeks. Steadier routines. Calmer finances. Healthier boundaries. Fewer crisis decisions. The gradual return of ordinary life. You do not need to transform yourself overnight — only enough stability to keep moving forward.

GROUNDLED

DELIBERATE

FORWARD

YOURS AGAIN