

# The Restart Sheet

For the ten minutes after you notice you have slipped.

You do not need a new plan. You need to get back to the one you had, faster. Work down in order. Ten minutes, and it is the difference between a slip and a lost month.

**1 Write down what happened, in one plain sentence.**

"I missed three days." "I skipped the gym twice." One line, no verdict in it. Write it on paper, because in your head the same sentence grows teeth.

**2 Separate the slip from the story.**

The missed days cost you three days. The story about them costs you the next three weeks. Catch the sentence that starts with "I always" or "I never". Replace it with what actually happened. That is all that happened.

**3 Do the 60 percent version today.**

Not the plan you made when you were motivated. The smallest version that still counts: two minutes, one page, one set, one call. You are not catching up. You are showing yourself that you go back.

**4 Put tomorrow's 60 percent in your calendar now.**

Before you close this sheet. Same action, a time you know you will be free, reminder on your phone. A restart with a time on it happens. A restart that lives in your intentions does not.

**5 Set a seven day check-in.**

One line in your notes for a week from today: what held, what got in the way, what to make smaller. Read it, change one thing. Not five. One.

## The 48 hour rule

What decides whether a slip costs you a day or a month is how fast you start again. Under 48 hours, it is a blip. Past that, the story takes over and starting feels bigger than it really is. So do step three today, before this page gets filed away.