

Bad Day Proof Life Plan

The goal is not to win every day.

The goal is to leave yourself something to come back to.

Good days: build

Improve life a little.

Bad days: maintain

Keep life from sliding backwards.

Very hard days: protect

Make tomorrow less hard.

My good day build tasks

Use these when you have enough energy to improve things.

1. Work on one project but stop before you borrow energy from tomorrow.
2. Cook or prepare one easy meal for later.
3. Sort one admin job before it becomes urgent.

My bad day maintain tasks

Minimum actions that keep life from sliding back.

1. Eat something acceptable, even if it is basic.
2. Reply to one urgent message only.
3. Put rubbish in one bag or clear one small surface.

My very hard day protect tasks

Reduce damage. Make tomorrow less hard.

1. Drink water and take any needed medication.
2. Cancel, pause, or delay anything non-urgent.
3. Set out one thing that will help tomorrow: clothes, bag, note, or food.

What I should avoid on very hard days

Things that deepen the hole. Do not do them today.

1. Avoid arguments when overloaded.
2. Avoid big money, job, or life decisions.
3. Do not delete work or blame myself for being unwell.

What helps me restart tomorrow

Small reset steps for future me.

1. Leave a short note saying where to begin.
2. Charge my phone and put one useful thing where I can find it.
3. Choose tomorrow's first tiny task: open the plan.

Bad-Day Proof Life - build, maintain, protect. Blank spaces are information, not failure.

Your Bad Day Proof Life Plan

The goal is not to win every day.

The goal is to leave yourself something to come back to.

Type or write your own answers. Nothing needs to be perfect.

My good day build tasks

Examples: work on one project without draining tomorrow, cook ahead, clean one area, sort one admin job.

1. _____

2. _____

3. _____

My bad day maintain tasks

Examples: eat something, reply to one urgent message, put rubbish in one bag.

1. _____

2. _____

3. _____

My very hard day protect tasks

Examples: take medication, drink water, cancel non-urgent demands, set out clothes for tomorrow.

1. _____

2. _____

3. _____

What I should avoid on very hard days

Examples: arguments, big decisions, deleting work, blaming myself for being unwell.

1. _____

2. _____

3. _____

What helps me restart tomorrow

Examples: leave a note, charge my phone, put one thing where I can find it, choose tomorrow's first tiny task.

1. _____

2. _____

3. _____

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