A 90-DAY LIFE STRATEGY · PREPARED FOR MIKE

Sample 90-Day Life Strategy

Your first three months on your own, and the man you want to be

SAMPLE PLAN, DETAILS CHANGED FOR PRIVACY

01 What you want

You're 44, your separation was filed in August after 16 years of marriage, and you're renting a three-bedroom home in Orinda while the divorce moves forward. You have Ava (11) and Leo (8) every other weekend and Wednesday dinners. You're a sales manager, so weekdays are full. Quiet evenings and weekends without the kids get lonely. The bar in town has been filling them, and you want better ways to unwind.

You want to be a great dad, feel like yourself and come out of this a better man.

THE BIG IDEA Use these 90 days to become the man you want to be. Dating can wait; you'll be ready when you're ready, and you'll know it. For now, these are your priorities. Anything else can wait until after 90 days.

02 Your focus areas

a. A home the kids love

Goal: *Make the rental feel like home, for you and for them.*

- **Kids' room:** we'll set it up together next Saturday: bunk beds, the bedding Ava and Leo chose and a shelf for things that stay here. Rob, the handyman I've vetted, (925) 555-0147, assembles the beds.
- **Weekend kitchen:** I'll bring the list. Pancakes on Saturday morning, tacos on Sunday night, and snacks they love.
- **Household items:** I'll help you list what's yours and what stays, item by item, so the division is clear and fair. If something with your ex gets stuck, loop in your attorney, Steve Ramirez, in Palo Alto, (650) 555-0119.

b. Your presence

Goal: *Look like the man you're becoming.*

- **Closet session with me:** we try everything on together, and I'll tell you honestly what to keep and what to let go.
- **Shopping with me:** one great pair of jeans, a pair of tech pants and a stretch wool dress pant, three shirts that fit and shoes for the office, plus a haircut with Marco, my go-to barber in Orinda Village, (925) 555-0186.
- **Daily practice:** each morning, say out loud what you're grateful for. You're already living your best life.
- **Easy listening on your commute:** enjoy it in the car or on BART. Month 1: Great Dads Are Made, Not Born (Good Inside). Month 2: How to Get Your Anger Under Control (The Art of Manliness). Across the 90 days: Two Homes, One Childhood, an audiobook by a divorced dad and psychologist on putting Ava and Leo first. More anytime you want.

c. Your time and your circle

Goal: *Fill your free time with people and things that build you up.*

- **Not yet on dating:** for 90 days, invest that energy in you and the kids. The right woman will meet the man you're becoming.
- **Your groups, instead of the bar:** pick one or two that I've researched: the Saturday 7:30 a.m. bike ride from Orinda Village, a Thursday woodworking class or a Sunday cooking class. I'll help you sign up and feel comfortable walking in the first time.

- **Move your body:** on kid-free evenings and weekends, shoot hoops, swim, run or join a men's softball or rec league.
- **Friends:** watch the game at Dave's, not the bar. Call Chris for a Sunday morning hike at Briones.
- **Church with the kids:** you want this for Ava and Leo, so try the Saturday-night family churches you've had your eye on.
- **Give back:** giving to others is part of healing. On a Saturday with Ava and Leo, pick a family-friendly disabled veterans adaptive sports day, where Ava and Leo can hand out water and cheer, or a Make-A-Wish event. I'll help you sign up.

d. Calls to make (questions included)

Goal: *Know where you stand, so you can decide with confidence.*

- **Paul, your financial planner, (415) 555-0163:** "What can I spend on housing now? How do I plan for the kids' costs?"
- **Accounts:** update beneficiaries and emergency contacts. I'll give you the checklist, and you check each one off.

03 Your 90 days at a glance

Month One SET UP	Month Two SHOW UP	Month Three LOOK AHEAD
• **Kids' room with Tracy**	• **Shopping trip with Tracy**	• **Volunteer with Ava and Leo**
• Bunk beds with Rob	• Haircut with Marco	• Keep your group going
• Closet session with Tracy	• Try one of your groups	• Update your accounts
• Household items list	• Sign up to volunteer	• Check in with Tracy
• Game at Dave's	• Sunday hike with Chris	
• Call Paul, your financial planner	• Try a Saturday-night church	

Every day: gratitude, out loud. **After 90 days:** a home the kids love and a circle that builds you up.

04 This week's first three steps

01

Order the kids' bedding

Use the links I sent for what Ava and Leo chose.

02

Text Dave

Set up Sunday's 1 p.m. game at his place, not the bar.

03

Pick one group

The Saturday bike ride or a rec league. I'll send the links.

05 How we'll check in

Our next meeting: _____

Between now and then, jot down what's working, what feels stuck and any new ideas. Bring that list with you.

> *The first thing I'll ask you is simple: What do you want? If you're not sure, that's where we'll start.*

Warmly,

Tracy Lindsey, Life Strategist

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ABOUT THIS SAMPLE Every plan is written for one person, and I work alongside you. Start yours at tracylindsey.com.