Tracy Lindsey
LIFE STRATEGIST

A 90-DAY LIFE STRATEGY · PREPARED FOR CLAIRE

Sample 90-Day Life Strategy

Your first three months in your new home, and a chapter that's all yours

SAMPLE PLAN, DETAILS CHANGED FOR PRIVACY

01 What you want

Your divorce is final after 27 years. The four-bedroom house you shared was sold, and you've just moved into a two-bedroom townhouse. Some days bring relief, and some days you aren't sure where to start. You want a home that feels like yours, confidence in any room and a social life built around you.

Your grown children, Emma and Josh, are supportive. You work part time and wonder about full time or something new.

THE BIG IDEA You don't need the next ten years figured out. In 90 days, you can have a home that feels like you, a wardrobe that fits who you are now, and a few new people in your corner. For now, these are your priorities. Anything else can wait until after 90 days.

02 Your focus areas

a. Your new home

Goal: *Make your home your own, starting with your bedroom.*

- **I've selected your bedroom paint:** a soft warm white (I'll bring the swatch). This room is yours, decorated so it makes you feel wonderful. Paint it yourself or have Andy, your handyman, do it. I've chosen bedding you'll love (link to order) and I'll bring the bedside lamp.
- **We'll unpack together** next Saturday. Keep only what you love; sell or donate anything that brings back hard memories.
- **Art:** choose only pieces you love for your space. I'll find and bring them, or send you a link to order. We'll hang them together; Andy takes heavy pieces like a large mirror.
- **Selling:** I'll tell you where each item sells best. You take the photos; AI writes the listing and sets a realistic price. Letting go clears space, and the money starts your "fresh start" fund.

b. Your presence and wardrobe

Goal: *Dress for the woman you are today.*

- **Closet session with me:** we try everything on together, and I'll tell you honestly what to keep, alter or let go.
- **Shopping with me:** we fill the gaps in one trip, starting with a great jacket and walkable shoes, plus a haircut with Maria.
- **Daily practice:** each day, say out loud what you're grateful for in your wonderful new life. You're already living your best life.

c. Relationships and hard conversations

Goal: *Say what you need, kindly and clearly.*

- **Holidays:** we'll practice your talk with Emma and Josh first, so you know what to say before the invitations start.
- **Listening:** enjoy these while driving or on BART, with more later if you like. Month 1: Esther Perel, "My Parents Got Divorced", to understand how Emma and Josh may be experiencing this. Month 2: Neil Sattin, "How to Communicate about Something You've Been Avoiding". Month 3: Harriet Lerner's audiobook The Dance of Anger.
- **Your groups:** pick one or two that I've researched: the Thursday 7 p.m. library mystery book club, a Saturday Thai cooking class or the monthly labradoodle meetup with Biscuit. I'll help you sign up and feel comfortable walking in the first time.

- **Give back:** giving to others is part of healing, and it takes the focus off yourself. We chose the second-Saturday river cleanup, 9 a.m. to noon, since you love the outdoors. I'll help you register.

d. Calls to make (questions included)

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

- **Linda, your financial planner,** (415) 555-0163: "What can I spend each month? Can I stay part time? What should I update now?"
- **Handymen:** call Andy, my first pick, at (510) 555-0142, plus two backups I've vetted, and choose one as your regular person for repairs, hanging and odd jobs.
- **Karen, your real estate agent:** call (415) 555-0178 about the home warranty or a warranty visit.
- **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 SETTLE IN	Month Two STEP OUT	Month Three LOOK AHEAD
• **Paint and finish your bedroom**	• **Shopping trip with Tracy**	• **Call Linda, your financial planner**
• Saturday unpacking with Tracy	• List items to sell	• Hang art together with Tracy
• Closet session with Tracy	• Haircut with Maria	• Call Karen about the warranty
• Practice, then talk with Emma and Josh	• Try one of your groups	• Check in with Tracy
• Coffee with Jennifer	• River cleanup, second Saturday	
• Choose your handyman		

Every day: gratitude, out loud. **After 90 days:** a home, a look and a circle that feel like you.

04 This week's first three steps

01
Make your room yours

Order the bedding I chose, and buy the paint I selected.

02
Text Wendy

Meet her for a glass of wine after work, Thursday at 6 at your corner wine bar.

03
Open the closet

Pull ten things you never wear, ready for our closet session.

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

tracylindsey.com · tracy@tracylindsey.com

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