Restart After a Slip

A slip is information, not failure

Restart step	☐
Pause and take a breath	☐
Notice what happened, no judgment	☐
Write the trigger in a few words	☐
Reread my rules	☐
Choose one small change	☐
Mark tomorrow as a fresh start	☐

31-day tracker

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐	8 ☐
9 ☐	10 ☐	11 ☐	12 ☐	13 ☐	14 ☐	15 ☐	16 ☐
17 ☐	18 ☐	19 ☐	20 ☐	21 ☐	22 ☐	23 ☐	24 ☐
25 ☐	26 ☐	27 ☐	28 ☐	29 ☐	30 ☐	31 ☐	

Day	Hard moment (one short note)	Change I made