CHECKLIST **Your 30 Days With Her**

Tick a line once you've done it at least once. Do them in any order within the week, and take longer if life gets in the way.

Days 1 to 7: Talk kindly; stop making her earn it.

☐ I ran the Her Test on one critic line and answered it in a coach's voice.
☐ I filled in one row of the Critic-to-Coach Translator.
☐ I wrote my worth floor sentence on a card and put it where I'll see it.
☐ I did one thing for her before the to-do list was finished.

Days 8 to 14: Protect her; take care of her.

☐ I used my pause line, then answered from a rung of the ladder.
☐ I did the Her Needs Check and fixed my lowest gauge once.
☐ I booked the checkup or appointment I've been putting off.
☐ I made one clean ask, with no extra apologies.

Days 15 to 21: Back her; forgive her.

☐ I kept three tiny promises to her and said "I did that."
☐ I made one decision without polling anyone first.
☐ I sorted one heavy feeling and worked through the kind repair.

Days 22 to 30: Her whole life.

☐ I asked the envy question about one post or person that stung.
☐ I gave my body one chart note instead of a verdict.
☐ I said yes to one offer of help, or made one good-news call.
☐ I chose which parts of the daily routine I'm keeping.

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