

90-Day Healing Plan Workbook

Overview

This workbook helps you move through heartbreak when you share a child with your ex. The goal is steady emotional healing, not perfection. Each section guides you through reflection, small actions, and progress tracking across three stages—**Stabilize, Rebuild, and Renew**.

Stage 1: Stabilize (Days 1–30)

Focus on calming your emotions and regaining a sense of control.

Emotional Reset Checklist

- Reduce unnecessary contact with your ex (only communicate about your child)
- Create a peaceful space at home
- Set a daily self-care ritual (even 5 minutes counts)
- Ask a trusted friend or therapist for support

Reflection Prompt

What situations trigger your emotions the most right now?

How can you protect your peace when those moments happen?

Daily Tracker	Notes
I practiced self-care today	
I avoided unnecessary communication	
I got enough rest	
I reached out for support	

Stage 2: Rebuild (Days 31–60)

Start reshaping your routines and rebuilding confidence.

Action Plan

- Create a new weekend routine with your child
- Replace one old shared habit with a new solo one
- Reconnect with a friend you've been distant from
- Learn one new skill or hobby

Mindset Check-In

What's one thought that helps you stay calm during co-parenting interactions?
What's one belief you want to let go of?

Weekly Focus	Progress Notes
Emotional balance	
Parenting consistency	
Boundaries with ex	
Self-confidence	

Stage 3: Renew (Days 61–90)

Shift focus from pain to purpose. This is where emotional stability grows stronger.

Growth Prompts

- What have you learned about yourself through this breakup?
- How have you shown resilience as a parent?
- What kind of life do you want to build from here?

Personal Goals for Renewal

1. _____
2. _____
3. _____

Weekly Wins	Notes
Positive co-parenting moments	
Emotional breakthroughs	
New habits formed	

Final Reflection: The 90-Day Review

- How do you handle communication with your ex now compared to before?
- What habits helped your healing the most?
- What do you still need to work on?
- What kind of parent and person do you want to be moving forward?

Encouragement

Healing doesn't erase your past, but it rebuilds your strength.
Keep showing up for yourself and your child one calm day at a time.