

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?
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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.