

Gap Recovery Protocol

Nurture · Chapter Eight. For when you have stopped and need to start again.

The difference between people who change and people who do not is not that the successful ones never stop. It is that they come back. Six steps, in order, and the order is the part that matters.

1 · NOTICE

You stopped. That is the whole of what happened, and it carries no verdict on your character. Do not skip this step by moving straight to why.

2 · DO NOT REVIEW YET

Resist analysing why you stopped. Analysis conducted while you are frustrated with yourself reliably ends in giving up altogether. The review is step five for a reason.

3 · DO YOUR MINIMUM VIABLE START

Not the full plan. The tiniest version, the two-minute one. Today, before anything else on this card.

4 · REPEAT TOMORROW

Two days in a row is a streak. That is genuinely all a streak is at the start. There is no compensating amount owed for the weeks you missed.

5 · REVIEW AFTER THREE DAYS

Now you can analyse. What happened, what triggered the gap, what needs adjusting. Rewriting the plan before you have restarted is a way of not starting.

6 · TELL SOMEONE

Your person. Not to confess, because confession is a different conversation with a worse ending. You are contacting them to reconnect.

■ WRITE THESE DOWN BEFORE YOU NEED THEM

Fill this in on a good day. It is no use blank on a bad one.

My Minimum Viable Start, the two-minute version:

The person I will tell:

Where this card lives, so I can find it without looking: