

THE RED THREAD PROJECT

FREE STARTER KIT

The 30-Day Rebuilding *Starter Plan.*

Seven days of steadier action.

For the woman who does not need a perfect plan, just a place to begin.

WELCOME

Welcome.

You do not need a five-year plan to begin rebuilding.

You do not need to know every answer.

You do not need to become a new person overnight.

You need one honest focus.

One small structure.

One week of movement that feels possible.

This starter plan gives you the first seven days of a rebuilding rhythm. The goal is not perfection. The goal is steadiness. The goal is to begin trusting yourself again.

You do not need to rebuild your whole life today. You only need the next honest step.

STEP ONE

Choose your *30-day focus.*

For the next 30 days, I want to focus on:

- | | | |
|---|--|---|
| ☐ Emotional steadiness | ☐ Health | ☐ Financial clarity |
| ☐ Confidence | ☐ Legal clarity | ☐ Support |
| ☐ Home stability | ☐ Rest | ☐ Co-parenting structure |
| ☐ Identity | ☐ Career / income | ☐ Other |

MY MAIN FOCUS IS

WHY THIS MATTERS RIGHT NOW

AT THE END OF 30 DAYS, I WANT TO FEEL MORE

THE SMALLEST VERSION OF SUCCESS WOULD BE

WEEK ONE

Stabilize.

This first week is not about transforming your whole life. It is about stabilizing. Choose three actions that would make life feel even slightly steadier.

THIS WEEK, I WILL

01

02

03

WHAT I NEED TO MAKE THIS POSSIBLE

ONE THING I WILL STOP EXPECTING FROM MYSELF

ONE THING I WILL PROTECT THIS WEEK

DAILY RESET

The 3-part *daily reset.*

Use this every day for one week. The question is not how do I fix everything? It is what needs care, what needs action, and what can wait.

DAY 1

What needs care today?

What needs action today?

What can wait?

DAY 2

What needs care today?

What needs action today?

What can wait?

DAY 3

What needs care today?

What needs action today?

What can wait?

DAY 4

What needs care today?

What needs action today?

What can wait?

DAY 5

What needs care today?

What needs action today?

What can wait?

DAY 6

What needs care today?

What needs action today?

What can wait?

DAILY RESET

Day Seven, *reset.*

Use this final daily reset to close the week with honesty, not judgment.

WHAT NEEDS CARE TODAY?

WHAT NEEDS ACTION TODAY?

WHAT CAN WAIT?

You are not behind because you needed time. You are rebuilding in a real life, not an imaginary one.

RELEASE

What can *wait.*

Not everything is urgent. Not everything deserves your energy this week.

THIS WEEK, I AM ALLOWING THESE THINGS TO WAIT

THE THING I KEEP TREATING AS URGENT, EVEN THOUGH IT MAY NOT BE

THE THING THAT ACTUALLY NEEDS MY ATTENTION IS

SENTENCES I CAN USE WITH MYSELF

I do not need to solve this today.

I can return to this when I have more capacity.

This can wait without meaning I am failing.

REFLECTION

End-of-week *reflection.*

AT THE END OF THIS WEEK, I NOTICED

ONE THING THAT FELT A LITTLE STEADIER WAS

ONE THING THAT STILL FEELS HARD IS

ONE THING I AM PROUD OF MYSELF FOR IS

ONE THING I WANT TO CARRY INTO NEXT WEEK IS

CLOSING

Small steps *count.*

A week of rebuilding does not have to look impressive.

Sometimes it looks like answering the email. Making the call. Asking for help. Sleeping earlier. Not reacting. Making a list. Crying and continuing. Choosing one next step.

Small steps count.

Steady steps count.

You count.

UPGRADE PATH

Ready for the full 30 days?

The full 30-Day Rebuilding Kit holds you through the whole month, weekly action plans, daily reset pages, non-negotiables tracking, and progress reflections.

[THEREDTHREADPROJECT.COM](https://theredthreadproject.com)