7-Day Consistency Recovery

Build a realistic way to return after interruptions. Use this at your own pace.

How to use this worksheet

Choose one routine. Complete the planning pages, try the daily prompts, then review what helps. These are flexible opportunities, not seven compulsory consecutive days.

Name or initials (optional) Starting date

The one routine I want to return to

Why this matters to me

What usually interrupts it?

A helpful reminder

A missed day does not erase earlier effort. Necessary rest, healthcare and asking for help can be appropriate next steps.

This is an educational reflection aid, not a diagnostic tool or clinical treatment. No personal information needs to be submitted to BBH.

Make the Return Manageable

Use the BBH Return-to-Action Framework to plan one suitable next step.

1. NOTICE: What happened? Describe the interruption without judging yourself.

2. CHOOSE: What one priority fits my current responsibilities?

3. SIMPLIFY: What is a useful, achievable version of this action?

4. PLAN: After what existing activity will I try it? Where will I be?

My fallback: If that opportunity disappears, I will...

5. RECORD: After I return, what will I note for the next session?

If the plan keeps failing, adjust the task, timing or support. You do not have to catch up every missed session.

Seven Flexible Daily Prompts

Add a date when you use each prompt. Short answers are enough.

DAY 1 | Choose one routine Date: _____

Why does it matter to me?

DAY 2 | Notice the interruption Date: _____

What got in the way: time, uncertainty, pressure or health?

DAY 3 | Define a realistic action Date: _____

What would count as a useful completion?

DAY 4 | Choose a suitable cue Date: _____

When does this fit my actual day?

DAY 5 | Write a fallback plan Date: _____

What can I change if the planned opportunity disappears?

DAY 6 | Practise returning Date: _____

What made the return easier or harder?

DAY 7 | Review and adjust Date: _____

Should I simplify, reschedule, seek help or pause?

Review Without Blame

Look for information that can make the next week more workable.

What helped me begin or return?

What needs changing in the task, timing or expectations?

What practical help or clarification do I need?

My next realistic action and next suitable opportunity:

Optional grounding before work

If helpful, pause for a brief mala practice, prayer, quiet reflection or one written intention. Choose what suits you; feeling perfectly calm is not a requirement to begin.

When the right next step is support

Persistent weakness, severe fatigue, low mood or difficulty functioning deserves professional assessment. Spiritual practice and productivity routines do not replace healthcare. For immediate danger or thoughts of self-harm, seek urgent local emergency support.

Written by Shubhangi Halande for Bio and Brain Health (BBH). This framework is a practical reflection tool and has not been clinically validated.