Bad Day Protocol

November 11, 2026
Make a lighter plan for days when your normal routine is not realistic.

What this guide covers

- Recognize signs that you need a scaled-back day.
- Choose minimum versions of ordinary habits.
- Prepare a boundary message and a grounding activity.

Who this is for

For readers building more flexible routines.

Putting the ideas to use

Write a short plan while you feel able to think through your needs.

Book details

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