



## ■ My Recovery Rule

When I miss a check or a dose, I will:

*Notice, don't judge — restart at the next routine point.*

**One kind thing I can say to myself:**

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## ■ My Sunday Check-In

Take 5 minutes each week to ask:

1. How many days did I follow my pattern?

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2. Is my reminder working, or do I need a new anchor?

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Progress over perfection — one small step at a time. ■