



LESSON H • DAILY SUPERPOWER • PLAN

MY PERSONAL MATCH PLAN

One line per letter. Screenshot it for your phone — a plan in your pocket beats a plan in your binder.



M — MY HEALTH

A CHECK-UP, A QUESTION, A PROMISE



A — MY AWARENESS WORD

YOUR PAUSE WORD — PLUS HOW YOU FEEL TODAY, 0–10

Today: _____ / 10



T — MY TOOLS & TEAM

1 PRIMARY ADULT + 2 BACKUPS

Primary: _____ Backup 1: _____ Backup 2: _____



C — MY CLEAR VOICE

YOUR NO / DELAY PHRASE



H — MY HEALTHY HABIT TODAY

SLEEP • FOOD • MOVE • SCREENS

I CHOOSE MY PACE. I'M WORTH IT.

SCREENSHOT IT • SAVE AS A PHONE NOTE OR WALLPAPER • NO PHONE? FOLD IT INTO YOUR CRISIS CARD

If plans change: look at your compass and ask — which letter is still available?