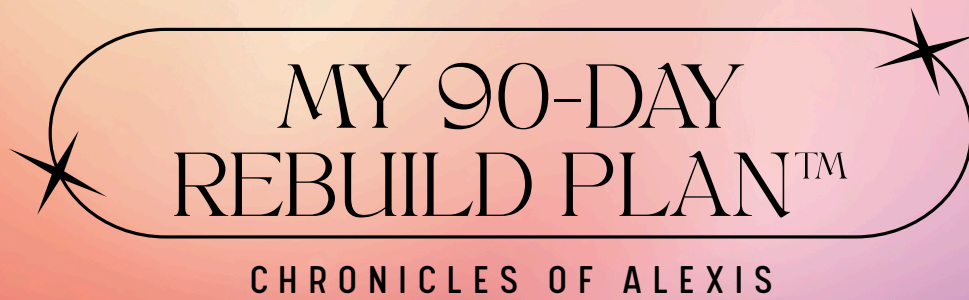




MY 90-DAY REBUILD PLAN™

Chronicles of Alexis

Stop Surviving. Start Becoming.

The next 90 days are not about perfection.

They're about keeping promises to yourself.

Small actions.

Consistent effort.

Meaningful progress.

STEP 1: MY WHY

Why am I committing to this rebuild?

STEP 2: MY REBUILD FOCUS

Choose ONE primary focus area for the next 90 days.

- ☐ Mental Wellness
- ☐ Physical Health & Fitness
- ☐ Nutrition
- ☐ Sleep & Recovery
- ☐ Stress Reduction
- ☐ Confidence & Self-Esteem
- ☐ Relationships
- ☐ Career Growth
- ☐ Entrepreneurship
- ☐ Time Management
- ☐ Personal Growth
- ☐ Community & Connection

My Primary Focus:

STEP 3: MY VISION

Ninety days from now, I want to feel:

- ☐ Stronger
- ☐ Healthier
- ☐ More Confident
- ☐ More Disciplined
- ☐ More Peaceful
- ☐ More Connected
- ☐ More Organized
- ☐ More Consistent
- ☐ More Present
- ☐ More Like Myself

Other:

STEP 4: MY BIG GOAL

What is the most important goal I want to accomplish in the next 90 days?

STEP 5: MY REBUILD HABITS

Choose 3-5 habits to focus on.

- ☐ Walk 30 minutes daily
- ☐ Exercise 3-5 times weekly
- ☐ Drink more water
- ☐ Sleep 7+ hours
- ☐ Journal daily
- ☐ Read 10 pages daily
- ☐ Practice gratitude
- ☐ Meal prep weekly
- ☐ Attend community events
- ☐ Reduce screen time
- ☐ Stretch daily
- ☐ Practice self-care
- ☐ Weekly therapy or coaching
- ☐ Set healthy boundaries
- ☐ Other:

STEP 6: WHAT I'M LEAVING BEHIND

The habits, beliefs, and behaviors I am releasing:

STEP 7: MY SUPPORT SYSTEM

Who will support me during this rebuild?

How will I stay accountable?

- ☐ Chronicles Community
- ☐ Accountability Partner
- ☐ Journal Tracking

- ☐ Monthly Check-Ins
- ☐ Habit Tracker
- ☐ Other

STEP 8: MY NON-NEGOTIABLES

No matter how difficult life gets, I commit to:

- ☐ Drinking water
- ☐ Moving my body
- ☐ Getting adequate rest
- ☐ Speaking kindly to myself
- ☐ Asking for help
- ☐ Staying connected to community
- ☐ Continuing even when motivation fades



90-DAY LETTER TO MYSELF

Dear Future Me,



MY REBUILD PROMISE

For the next 90 days, I choose myself.

I understand that growth is not linear.

I understand that perfection is not required.

I understand that consistency matters more than intensity.

I commit to rebuilding my life one decision at a time.

Signature:

Date:

Remember

You do not need to become a completely different person.

You simply need to become more of who you already are.

Heal. Build. Become.