

7-Day “Doer Reboot” Plan for Older Adults

Each day includes a **mental spark**, **physical action**, and **confidence builder**. Start each morning by saying:

“Today I choose to do, not delay.”

If you’re ready to **boost daily energy**, let’s begin.

☐ Day 1 – Wake the Body

- **Mental Spark:** “I am still capable.”
 - **Action:** 5-minute gentle stretch or walk around the home.
 - **Confidence Builder:** List 3 things you *did* yesterday — however small. Recognise effort.
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☐ Day 2 – Interrupt the Overthinker

- **Mental Spark:** “Thinking isn’t doing.”
 - **Action:** Set a timer and do one task you’ve been putting off (e.g., tidying one shelf).
 - **Confidence Builder:** Say out loud, “I did it” - and smile. Let the feeling land.
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☐ Day 3 – Anchor to Purpose

- **Mental Spark:** “I still matter.”
 - **Action:** Write or voice-record 3 things you still want to do, create, or experience.
 - **Confidence Builder:** Choose **one small step** toward one of them. Take it today.
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☐ Day 4 – Move First, Feel Later

- **Mental Spark:** “Movement creates motivation.”
- **Action:** Do **any physical movement** for 10 minutes. March in place, lift light weights, dance to music — doesn’t matter how.
- **Confidence Builder:** Log it. Name it. Count it.

This day helps you **reignite your purpose** in small but meaningful ways.

☐ Day 5 – Speak with Power

- **Mental Spark:** “My voice is action.”
 - **Action:** Call or message someone — share a memory, tell a joke, check in.
 - **Confidence Builder:** You’ve reached out. You’ve connected. That’s doing.
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☐ Day 6 – Make Something

- **Mental Spark:** “I can still create.”
 - **Action:** Make one thing — a meal, a drawing, a list, a video, a story.
 - **Confidence Builder:** Show it to someone or reflect on the effort. *You created from nothing.*
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☐ Day 7 – Reflect and Repeat

- **Mental Spark:** “This is only the beginning.”
- **Action:** Review the week. What did you do that surprised you?
- **Confidence Builder:** Choose one habit from the week to **keep going daily**.