

# The restart page

BATTERY CHECK · BONUS PAGE

You stopped using the planner for a while, and now you're back. Nothing is broken. Tools get put down and picked up — that's how tools work. This page is the friendly re-entry ramp.

**HOW LONG HAS IT BEEN?** — doesn't matter at all. answer only if you're curious

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**WHAT WAS HAPPENING WHEN IT DROPPED OFF?** — not a confession. just data about what competes with planning

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**DID STOPPING COST YOU ANYTHING REAL?** — usually the honest answer is 'not much' — which means the guilt can go

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**WHAT DID YOU DO INSTEAD THAT KIND OF WORKED?** — sticky notes? phone alarms? memory? that's a system too — it can stay

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**RESTART WITH ONE PAGE ONLY** — adding more before two weeks is how the last stop happened

- ☐ The standard daily page — I want a bit of structure
- ☐ The low-battery page — capacity is low right now
- ☐ The weekly plan — I just want the week's shape
- ☐ The brain dump — my head is full and that's the whole problem

**THE TINY FIRST STEP** — tonight or tomorrow morning, two minutes

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**Reframe:** a planner that gets picked back up after a gap is a planner that works. The gap was a season; the tool was still here. It will be next time too.