

Recreate & Rise

Because the Next Chapter Belongs to you.



Recreate & Rise Resource Library

Document Title: The 90-Day Forward Plan - A simple structure for rebuilding momentum

About this resource	<p>This guide outlines a gentle 90-day framework designed to restore direction after gray divorce. It does not attempt to redesign your life. It provides a container for steady forward movement.</p> <p>Three months is long enough to build traction and short enough to feel possible.</p>
Why it Matters	<p>After major transitions, women often swing between urgency and paralysis — wanting dramatic change while feeling unable to move. A time-bound structure reduces emotional overwhelm by focusing attention on the immediate horizon.</p> <p>Ninety days is not about reinvention. It is about momentum. Momentum restores belief.</p>
How to Apply It	<ul style="list-style-type: none">• Focus only on the next 90 days• Choose consistency over intensity• Track effort, not outcomes• Adjust without abandoning• Keep goals human-sized <p>Professional note This resource is designed for reflection and curiosity. If you are experiencing health issues or significant distress, please reach out to a qualified health professional.</p>

The 90-Day Structure

Instead of one large goal, divide the next three months into focus themes. Each phase has a purpose.

Phase 1 — Stabilise (Days 1–30)

Focus: safety and routine

This month is about creating predictability.

Suggested priorities:

- regular sleep and waking rhythm
- daily movement
- financial awareness
- emotional support check-ins
- simplifying commitments

Prompt: “What would stability look like this month?”

Phase 2 — Strengthen (Days 31–60)

Focus: confidence and identity

This month builds internal muscle.

Suggested priorities:

- reintroducing personal interests
- strengthening friendships
- skill or career exploration
- boundary practice
- self-trust exercises

Prompt: “What part of me needs strengthening?”

Phase 3 — Expand (Days 61–90)

Focus: forward direction

This month introduces gentle expansion.

Suggested priorities:

- trying one new experience
- planning future goals
- social exposure
- environment refresh
- long-term thinking

Prompt: “What direction feels curious, not forced?”

Weekly Anchor Question

At the end of each week ask: “What moved forward — even slightly?”

Record the answer.

Progress after divorce is not dramatic. It is deliberate.

Reflection	Looking at the next 90 days, what: <ul style="list-style-type: none">• feels achievable?• feels intimidating?• needs simplification?• excites you?• is your first step?
Resources	<ul style="list-style-type: none">• Recreate & Rise IP
Version Control	Version 1.0 - Lisa Keevill