

The Week You Can Keep

Look after yourself, even when the day goes sideways.

Some days, the shoes stay by the door. The book stays shut. You get to bedtime and think, 'I did nothing for myself again.'

Choose a place to start.

Phone down

A meal ready

A walk

Open the book

Send the hello

Clear the head

Read the guide

Make my plan

Start with A.W.I.N.

Four parts of my coaching. Pick one to work on first.

A - Accountability

A way to keep your word to yourself.

W - Workout (Movement)

Move in a way that works for your body.

I - Inspiration

Give your mind something worth keeping.

N - Nutrition (Food and Water)

Make one choice easier before you need it.

Keep the point. Change the step.

What I usually do

Name one action you can see yourself doing.

Not 'be more present.' Put the phone down while someone finishes their story.

My smaller step

Choose a version that fits when time or energy is short.

A page can become a sentence. A long talk can become a warm hello.

My way back

Name the next chance to try. If you need rest or care, let that come first.

A missed step is not a debt. You do not have to do twice as much tomorrow.

Give it a place in your day.

Link the step to something you already do:
clear a plate, plug in your phone, or put
down your keys.

If the day changes

Finish this line: 'If ____ gets in the way, I will
____.'

For a reading plan

After my first meal, I read a few pages. If I
have to leave soon, I read one sentence
instead.

Pick the smaller step before you need it.

Use a ready-made plan

Choose one step.

One step. Short answers are enough.

What I want

Why this matters to me.

My one step

An action I can see myself doing.

When I will do it

After what, or at what time?

Next part

The smaller step.

Keep each answer short enough to remember.

What I usually do

The version that fits most days.

My smaller step

Still useful when I have less to give.

When I switch

If this gets in the way, I will do the smaller step.

Next part

A way back.

Keep each answer short enough to remember.

If I miss it

My next chance, or the care I need first.

What helps me remember

A note, a place, or a person who agrees to help.

When I check the plan

A date, or after a few tries.

Check how it fits

Review the fit. Not your worth.

After a few tries, ask one thing: did the plan fit my real day?

It fit and helped.

Keep it. Bigger is not always better.

I forgot.

Put the reminder where I will see it.

It asked too much.

Try the smaller step or a better time.

A missed day is information. Not a verdict on you.

Change what is not helping.

The small step did not help.

Change that step. If the goal no longer matters, choose another.

My needs have changed.

Pause. Follow my care plan or get advice if needed.

I do not know what to change.

Ask someone I trust. A friend, an existing professional, or a coach.

Use what fits your body, needs, and care plan. Pain or illness may mean rest or advice from a health professional. This is a planning tool, not medical care.

You do not have to figure out everything alone.

If you want a check-in, try this:

"Could you ask me how this went? I need a kind check-in, not a score."

Ask first. They can say no. A note you check yourself can work too.

When you want another pair of eyes.

A card cannot see the day you had. In my 12-week one-on-one coaching, we look at what happened, what got in the way, and what to change next. You can start that work here, on your own.

If you want to write back: what keeps getting in the way?

Share only what you want. You do not have to send me the card or buy anything to use it.

Go get 'em,
Victor

Hear the whole story.

Someone is talking. Your thumb is still moving across the screen. You catch the last few words and nod.

What I want

Hear the whole story, not just nod while I scroll.

My one step

Put my phone down when we talk.

When I will do it

When a meal or a catch-up starts.

What I usually do

Put the phone out of my hand and give the person my attention.

The smaller step + way back

Hear the whole story.

My smaller step

Put the screen face down and listen to one full answer.

When I switch

If I need the phone for care or urgent calls, keep it near me, screen down.

If I miss it

If I drift back to the screen, put it down and ask them to finish.

What helps me remember

Ask: 'Can we put the phones down while we talk?'

When I check the plan

After three chats: did I hear more of what they said?

A meal before I am drained.

The cupboard door is open. You are hungry. There is food, but choosing what to make feels like one more job.

What I want

Sit down to a meal, not hunt for food when I am worn out.

My one step

Choose my next meal ahead of time.

When I will do it

When I clear my first meal of the day.

What I usually do

Set aside what I already have for my next meal.

The smaller step + way back

A meal before I am drained.

My smaller step

Pick one easy meal I can make or get later.

When I switch

If I am rushed or away from home, choose the easy meal.

If I miss it

If I miss it, eat when I need to. Plan ahead again at the next meal.

What helps me remember

Put the meal note where I keep my food.

When I check the plan

After three tries: was the next meal easier?

Get past the front door.

The shoes are where you left them. The walk keeps moving to later, then to tomorrow.

What I want

Make a little room to move in my day.

My one step

Take a walk that fits my body and care advice.

When I will do it

After my first meal.

What I usually do

Walk for ten minutes on a route I know, if that is suitable for me.

The smaller step + way back

Get past the front door.

My smaller step

Walk for two minutes where it is safe and comfortable.

When I switch

If time is short and walking still fits my needs, use the two-minute route.

If I miss it

Try at the next meal cue. If I am in pain or ill, pause and follow care advice.

What helps me remember

Keep my shoes where I can see them.

When I check the plan

After three tries: did the walk fit and feel okay?

Open the book, not the feed.

You pick up the phone to check one thing. The book beside it is still closed when you put the phone down.

What I want

Read a page, not spend that moment scrolling.

My one step

Read something I want to remember.

When I will do it

After my first meal.

What I usually do

Read a few pages and mark one line.

The smaller step + way back

Open the book, not the feed.

My smaller step

Read one sentence and pause.

When I switch

If I have to leave soon, read one sentence.

If I miss it

If I miss it, try after my first meal tomorrow.
No catch-up reading.

What helps me remember

Keep the book where I eat.

When I check the plan

After three tries, ask: did this fit my day?

Send the hello.

A name comes to mind. You think, 'I should call.' Another week goes by without a word.

What I want

Stay close to someone I keep meaning to contact.

My one step

Send a warm hello.

When I will do it

When I plug in my phone for the night.

What I usually do

Send 'Thinking of you. How are you?' and ask about a time to catch up.

The smaller step + way back

Send the hello.

My smaller step

Send just the hello. A chat can wait.

When I switch

If I have no time to talk, send the short note.

If I miss it

If I miss my cue, try when I next plug in the phone.

What helps me remember

Keep a note of one person I want to contact.

When I check the plan

After two tries: did I reach out, or do I need a better cue?

Put tomorrow on paper.

You switch off the light, then remember the call, the form, the thing you meant to do. The list is still going.

What I want

Stop trying to hold tomorrow's whole list in my head.

My one step

Write tomorrow's first small task.

When I will do it

When I finish my last planned task of the day.

What I usually do

Write up to three things. Circle the first one I can act on.

The smaller step + way back

Put tomorrow on paper.

My smaller step

Write one thing. Leave the rest for tomorrow.

When I switch

If I am tired or rushed, write just the first step.

If I miss it

If I miss the note, choose the first step after I wake up.

What helps me remember

Keep a pen and paper, or a phone note, close by.

When I check the plan

After three notes: was it easier to choose where to start?

In their words.

"Victor spelled it out in simple terms that worked for my schedule."

Tony on coaching with Victor

"He gave me a plan to focus on water, protein, fiber and get rid of the junk."

Mike on coaching with Victor

"I was tired of two steps forward and one back in my health."

Sara on coaching with Victor