



REPAIR A MISSED COMMITMENT

Use this sheet to guide your next steps after missing a shared plan.

- 1** Acknowledge the missed commitment without over-explaining.
- 2** Propose a new specific time to meet or check-in.
- 3** Send the message promptly to avoid creating distance.
- 4** Allow the other person to respond without pressure.
- 5** Reflect on how this approach can benefit your relationship.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

1

TUE

1

WED

11

THU

1

FRI

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SAT

1

SUN

What I noticed this week:

Repair the small plan while it is still small.