

EMERGENCY RESET

A 15-Minute Stability Page

When everything feels urgent, do not fix everything.
Stabilize first. Complete this page in 15 minutes or less.

STEP 1 — NAME THE REAL PROBLEM

In one sentence, what is actually happening?

In one sentence, what are you afraid will happen?

STEP 2 — PROTECT THE BASICS

Housing **Food** **Utilities** **Transportation** **Health**

If something is not safe, write the single action needed:

STEP 3 — DEFINE A MINIMUM DAY

What are the only 3 things that must happen today?

1. _____
 2. _____
 3. _____
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STEP 4 — THE NEXT MOVE

What is the next single action that reduces uncertainty?

EXAMPLE

Problem: Unexpected expense.

Fear: Falling behind.

Minimum Day: Call, review finances, postpone non-essential expense.

Next Move: Schedule payment plan call.