A SMALL PLAN FOR REAL LIFE

Your support, made specific.

For living alone, starting over, or handling a hard season. Start with one situation; you do not have to fill every space today.

1. Name the situation

What might be harder to handle by myself?

2. Separate the kinds of help

Practical help

A ride, a meal, an errand, or a household task.

Someone to talk with

A listener, a check-in, or company while I work through a decision.

Qualified help

A question for a healthcare team, attorney, accountant, or other professional.

3. Choose the first ask

One task I need help with:

Person, organization, or service I will ask:

When I will ask:

MAKE THE ARRANGEMENT CLEAR

Ask. Confirm. Add a backup.

Caring about someone and being available for a particular task are different things. A clear conversation helps both people.

A message you can adapt

> I am planning for [situation]. Would you be willing to help with [specific task] on [date or timeframe]? It is okay if that does not work. I would rather check than assume.

Check the details together

- ☐ They have agreed to the task, date, and limits.
- ☐ We know how and when to contact each other.
- ☐ I have checked costs, eligibility, and availability if using a service.
- ☐ I have another person or service to ask if the first plan changes.

My backup:

The one step I will take this week:

I will review this plan on:

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