

HENKAN HACKS

FREE QUICKSTART

The 7-Day Restart

A calmer way back after travel, stress, illness, or one of those weeks where everything slipped.

Ten minutes to choose a smaller plan. Seven days to learn what helps. No catch-up days. No punishment.

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Start smaller. Come back sooner.

You are not starting over

A disrupted week does not erase what you learned. This quickstart helps you choose a version of your routine that fits the week you actually have.

“When life gets hard, I try my best to stick to even one habit. It is a small win, and it keeps the door open.”

Natsha, Henkan Hacks

Use this when

- ☐ You came home from a trip
- ☐ Work swallowed the week
- ☐ You were sick or exhausted
- ☐ You missed enough days to feel “behind”

What you will leave with

- ☐ One honest priority
- ☐ Three small daily anchors
- ☐ A seven-day experiment
- ☐ A plan for the next messy day

A quick note: This is a general planning tool, not medical advice or treatment. Adapt it to your body, circumstances, culture, allergies, accessibility needs, and any guidance from your healthcare team. If you are recovering from illness, injury, disordered eating, or another health condition, professional support matters more than a worksheet.

STEP 1 • TWO MINUTES

Name the week you are in

You do not need a dramatic explanation. Circle what is true today. Your plan should match your capacity.

What interrupted things?

Travel · stress · illness · caregiving · poor sleep · celebrations · schedule change · boredom · something else

How much energy is available?

- ☐ Low: basics only
- ☐ Medium: some structure
- ☐ Steady: ready for a normal week

What would make next Sunday feel a little easier?

Choose one outcome you can influence. "Eat one planned meal most days" is usable. "Fix everything" is not.

Take pressure off the table

I am not making up for...

I can postpone...

I need help with...

The goal is not to prove that you can be strict again. The goal is to make returning ordinary.

STEP 2 • THREE MINUTES

Choose three anchors

Pick the easiest useful action from three different rows. Keep the actions small enough for your lowest-energy day.

Area	Low-energy examples	My anchor for this week
Meals	Keep one fallback meal available · add something filling to one meal · plan tomorrow's first meal	
Movement	Walk for five minutes · stretch while the kettle boils · take one movement break	
Rest	Set a wind-down alarm · put the phone down ten minutes earlier · protect one quiet pause	
Hydration	Fill a bottle in the morning · keep water where you work · drink with one regular meal	
Support	Tell someone the plan · ask for practical help · book professional support if needed	

The minimum version

Write the version you can do on a rough day. "Walk" might become "stand outside for two minutes." It still counts because it preserves the return path.

Anchor 1

Anchor 2

Anchor 3

One setup action I can do now: fill the bottle, place the shoes, add the groceries, set the reminder, or ask for help.

STEP 3 • SEVEN DAYS

Run the smallest useful experiment

Mark what happened without scoring the day. A blank box is information, not debt.

Day	Anchor 1	Anchor 2	Anchor 3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

What made today easier?

What got in the way?

When another day goes sideways

1. Stop the verdict

Describe what happened without turning it into a personality test.

2. Pick one anchor

Choose the smallest action that makes tomorrow easier.

3. Resume normally

No compensation. No doubling up. Return at the next ordinary opportunity.

Your ten-minute Sunday review

Which anchor helped most?

Which anchor was too ambitious?

What will I keep?

What one thing will I adjust?

Help us improve this

Tell us what you used, what you skipped, and what would make the next version more useful.

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