

THE IDLI BOOK

TEMPLATE 1: 30-DAY SMALL STEPS PLAN

Foundation Principle: Transformation happens through consistent small actions, not dramatic gestures.

WEEK 1: ESTABLISH BASIC RHYTHMS

Daily Commitment (15-20 minutes):

Days 1-3: Morning Foundation

Set one specific wake-up time and maintain it

- ☐ Prepare one thoughtful meal daily (even if simple)
- ☐ Write 100 words about the day's experience

Days 4-7: Learning Addition

- ☐ Continue morning routine
- ☐ Add 15 minutes of skill-building (language, cooking technique, online course)
- ☐ Write 150 words (including what you learned)

WEEK 2: EXPAND CAPABILITY

Daily Commitment (25-30 minutes):

Days 8-10: Service Component

- ☐ Maintain previous habits
- ☐ Add one small helpful action for another person daily
- ☐ Document what you gave and what you received

Days 11-14: Experiment Addition

- ☐ Continue all previous elements

- ☐ Try one small experiment daily (new recipe, different approach to old problem, creative solution)
- ☐ Record results without judgment

WEEK 3: BUILD CONNECTIONS

Daily Commitment (30-35 minutes):

Days 15-17: Relationship Investment

- ☐ Maintain all established practices
- ☐ Reach out to one person daily with genuine care (not asking for help)
- ☐ Write briefly about the interaction

Days 18-21: Knowledge Sharing

- ☐ Continue previous commitments
- ☐ Share one thing you've learned with someone who might benefit
- ☐ Note their response and your feelings about helping

WEEK 4: INTEGRATE AND PLAN

Daily Commitment (35-40 minutes):

Days 22-24: System Refinement

- ☐ Continue all practices
- ☐ Identify which elements feel most sustainable and beneficial
- ☐ Adjust timing and methods based on what you've learned

Days 25-28: Future Visioning

- ☐ Maintain daily practices
- ☐ Spend 10 minutes daily planning how these habits could evolve
- ☐ Write about possibilities you can now see that weren't visible 25 days ago

Days 29-30: Celebration and Commitment

- ☐ Assess total progress over 30 days
- ☐ Celebrate consistency, not perfection
- ☐ Choose 3-5 elements to continue for the next 30 days

SUCCESS METRICS:

- Consistency: How many days did you complete at least 80% of your commitment?
- Capability: What can you do now that you couldn't do 30 days ago?
- Clarity: How has your sense of direction and possibility changed?
- Connection: What relationships have developed or strengthened?
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TEMPLATE 2: SINGLE-PARENT DAILY SYSTEMS

Core Philosophy: Single parents need systems, not just motivation.

THE TRIPLE FOUNDATION: MEALS, MONEY, MIND

MEALS SYSTEM: "PREP ONCE, EAT THRICE"

Weekly Foundation (Sunday 2 hours):

- ☐ Plan 7 breakfasts, 7 dinners (lunches can be leftovers or simple)
- ☐ Shop with precise list based on meal plan
- ☐ Prep ingredients that store well: washed vegetables, cooked grains, portion proteins

Daily Rhythm (30-45 minutes total):

- ☐ Morning (15 minutes): Prepare simple breakfast whilst cooking base for dinner
- ☐ Afternoon (5 minutes): Set out dinner ingredients before children return from school
- ☐ Evening (20-25 minutes): Complete dinner using pre-prepared elements

Emergency Backup: Always have ingredients for 3 simple meals that children will eat and that require minimal energy to prepare.

MONEY SYSTEM: "CLARITY BEFORE COMPLEXITY"

Weekly Money Meeting (30 minutes, same day/time each week):

- ☐ Review previous week's spending (no judgment, just awareness)
- ☐ Plan upcoming week's necessary expenses
- ☐ Identify one potential cost reduction and one potential income increase
- ☐ Update simple tracking system (notebook or app)

Daily Money Habits (5 minutes):

- ☐ Record all spending immediately (photo of receipts works)
- ☐ Before any non-essential purchase, wait 24 hours
- ☐ End day by noting one financial positive (money saved, earned, or wisely spent)

Monthly Assessment (45 minutes):

- ☐ Calculate total income and expenses
- ☐ Identify patterns and trends
- ☐ Plan one improvement for following month
- ☐ Celebrate any progress, however small

MIND SYSTEM: "STRONG MIND, STABLE FAMILY"

Morning Centering (10 minutes before children wake):

- ☐ 5 minutes of quiet (meditation, prayer, or simple silence)
- ☐ 3 minutes planning day's priorities
- ☐ 2 minutes setting emotional intention for parenting

Midday Reset (5 minutes when children are occupied):

- ☐ Three deep breaths
- ☐ Quick assessment: What's working today? What needs adjustment?
- ☐ One minute of gratitude for something going well

Evening Processing (15 minutes after children's bedtime):

- ☐ 5 minutes reviewing day without judgment
- ☐ 5 minutes writing brief notes about lessons learned or progress made
- ☐ 5 minutes reading or learning something for personal growth

Weekly Mental Health Check (15 minutes):

- ☐ Assess stress levels, energy, and emotional state
- ☐ Identify what support or changes might be helpful
- ☐ Plan one small action for better self-care

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TEMPLATE 3: SIMPLE EXPERIMENT LOG

EXPERIMENT SETUP TEMPLATE:

Experiment #: _____ Date Started: _____

PROBLEM/OPPORTUNITY:

What specific issue are you trying to address or opportunity are you exploring?

HYPOTHESIS:

What do you think might work and why?

TEST METHOD:

Exactly how will you test your hypothesis? What steps will you take?

SUCCESS METRICS:

How will you know if the experiment worked? What will you measure?

TIMELINE:

How long will you run this experiment before evaluating results?

RESOURCES REQUIRED:

What materials, time, or assistance do you need?

DAILY OBSERVATION LOG:

Day 1:

- Action taken: _____
- Immediate observations: _____
- Unexpected results: _____
- Questions arising: _____

Day 2:

- Action taken: _____
- Changes from Day 1: _____
- What's working: _____
- What's not working: _____

[Continue daily logs as needed]

WEEKLY SUMMARY TEMPLATE:

Week 1 Summary:

- Overall progress toward success metrics:

- Most significant learning: _____

- Biggest surprise: _____

- Adjustments made: _____

- Confidence level (1-10): _____

EXPERIMENT CONCLUSION:

FINAL RESULTS:

Did you achieve your success metrics? What evidence supports your conclusion?

KEY LEARNINGS:

What insights emerged that you didn't expect?

NEXT STEPS:

Based on results, what will you do differently, continue, or try next?

APPLICATIONS:

How might these learnings apply to other challenges or opportunities?

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