

7 - Day “Doer Reboot” Plan for Older Adults



Boost motivation and reset daily habits in one steady week

Keep Well Nutrition & Health - Coach Cedric Murray

Each day includes:

- a **Mental Spark** (how you think)
- a **Physical Action** (what you do)
- a **Confidence Builder** (how you reinforce progress)

Start each morning by saying:

“Today I choose to do, not delay.”

If you’re ready to gently boost daily energy and rebuild momentum, let’s begin.

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Day 1 - Wake the Body

Mental Spark:

“I am still capable.”

Action:

Do **5 minutes** of gentle movement.

A slow stretch, a short walk around the home, or standing and sitting a few times.

Confidence Builder:

Write down **three things you did yesterday**, however small.

Effort counts. Acknowledge it.

Day 2 - Interrupt the Overthinker

Mental Spark:

“Thinking isn’t doing.”

Action:

Set a timer for **5 - 10 minutes** and do **one task** you’ve been putting off.

For example: tidying one shelf, clearing a surface, or opening an envelope.

Confidence Builder:

Say out loud, **“I did it.”**

Pause. Smile. Let the feeling land.

Day 3 - Anchor to Purpose

Mental Spark:

“I still matter.”

Action:

Write down or voice-record **three things you still want to do, create, or experience.**

They don’t need to be big.

Confidence Builder:

Choose **one small step** towards one of them and take it today.

This is about reconnecting with purpose, not pressure.

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Day 4 - Move First, Feel Later

Mental Spark:

“Movement creates motivation.”

Action:

Move your body for **10 minutes**.

March on the spot, lift light weights, stretch, dance to music - it all counts.

Confidence Builder:

Log it. Name it. Count it.

You showed up, and that matters.

Day 5 - Speak with Power

Mental Spark:

“My voice is action.”

Action:

Call, message, or speak to someone today.

Share a memory, tell a joke, check in, or simply say hello.

Confidence Builder:

You reached out. You connected.

That’s doing, not delaying.

Day 6 - Make Something

Mental Spark:

“I can still create.”

Action:

Make **one thing** today.

A meal, a list, a drawing, a note, a short video, or a plan.

Confidence Builder:

Share it with someone or reflect quietly on the effort.

You created something from nothing.

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Day 7 - Reflect and Repeat

Mental Spark:

“This is only the beginning.”

Action:

Review the week.

Ask yourself:

- What did I do that surprised me?
- What felt easier than expected?
- What do I want to continue?

Confidence Builder:

Choose **one habit** from this week to carry forward into the next.

Momentum is built by repetition, not perfection.

Keep Well Closing

You don't need to overhaul your life.

You don't need to feel motivated first.

You just need to **do something**, then do it again.

This reboot isn't about pushing harder.

It's about **reclaiming action**, one steady step at a time.

Cedric Murray

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