

90-Day Stabilization Plan

The Suddenly Single After 50 Survival Guide

A stabilizing plan for the first 90 days after a major late-life transition.

Use this as a practical planning tool, not legal, medical, financial, home-repair, or mental-health advice. For urgent danger or crisis, contact emergency services or a qualified professional.

My 90-Day Stabilization Plan

Date I am starting from	
What I will NOT decide in the next 90 days	
My minimum viable daily routine	
Wake time	
Morning sequence	
Work / purpose time	
One social contact each day	
Wind-down / sleep time	
90-day review date	

Do Not Rush These Decisions

- Do not sell the house unless there is a true emergency.
- Do not quit your job in the shock phase.
- Do not move across the country impulsively.
- Do not make irreversible financial moves while grief is acute.
- Use the first 90 days to stabilize, gather facts, and get support.