Restart Route Map

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Illness interrupts a new routine.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Plan how to resume a chosen activity after interruption without requiring a perfect streak.

3. What is the first step back?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.