

TRACK 3 / THE SECOND ACT

Your Second Act Checklist

This is a reflection tool, not a readiness score. A gap is an assignment, not a verdict.

LOOK AT THE LIFE YOU ARE BUILDING

- ☐ Purpose: Can I describe what I want my ordinary week to look like beyond finding a new partner?
- ☐ Routine: Do I have a workable rhythm for my home, work, rest, and responsibilities?
- ☐ Friendship: Who do I spend time with? Who can I call when the house feels too quiet?
- ☐ Money: Have I written down my current commitments, recurring costs, and unanswered financial questions?
- ☐ Fatherhood, if applicable: Am I creating predictable time and a welcoming home for my children?
- ☐ Dating: Can I get to know someone without asking her to repair my past or prove my worth?
- ☐ Patterns: Can I name what I want to change in my next relationship and what I will do differently?
- ☐ Standards: Do I know my boundaries, and can I respect someone else's without bargaining?
- ☐ Pacing: Am I giving a new relationship time before making promises, introductions, or shared plans?



THE 90-DAY PROTOCOL



Separation. Rebuilding. Life After Divorce.

DEXTER MONTGOMERY

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Put it on paper

The two areas that need the most work:

One action I will take this week:

When I will do it:

Who can help me follow through?

GO DEEPER

Companion to The Second Act by Dexter Montgomery.

Explore the book on Amazon

Educational guidance. Use qualified professional advice for your individual circumstances.