
Day 20: Creating Your Maintenance Plan

Today's Focus: Sustain progress beyond the workbook

Time Commitment: 20 minutes

Core Exercise: Maintenance Plan Development

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

Celebration practice:

How did celebrating courage over outcomes feel yesterday? _____

20-Day Progress Assessment (5 minutes)

You've completed nearly three weeks of consistent fear-facing work. Take a moment to recognize your growth.

Transformation Inventory

Compare yourself now to Day 1:

My relationship with fear has changed by:

Tasks I can now approach that I used to avoid:

1. _____
2. _____
3. _____

Strategies that have become part of my toolkit:

- _____
- _____
- _____

My self-talk has shifted from _____ to _____.

The biggest surprise about myself was:

I'm most proud of:

Main Exercise: Maintenance Plan Creation (10 minutes)

Step 1: Essential Practices to Continue (4 minutes)

From the past 20 days, identify what you MUST keep doing:

Daily non-negotiables:

- Morning check-in questions
- 5-minute fear-facing timer
- Self-compassion practice
- Courage recognition
- Other: _____

Weekly essentials:

- Fear ladder progression
- Thought challenging practice

- Evidence collection updates
- Celebration of progress
- Other: _____

Monthly reviews:

- Overall pattern assessment
- Goal adjustment
- Support system check
- Strategy effectiveness review

Step 2: Regression Prevention Plan (3 minutes)

Signs I might be sliding back into avoidance:

- _____
- _____
- _____

When I notice these signs, I will:

1. _____
2. _____
3. _____

Support I'll seek when struggling:

- Who: _____
- When: _____
- How: _____

Step 3: Growth Trajectory Planning (3 minutes)

Next-level challenges I want to work toward:

1. _____
2. _____
3. _____

Skills I want to continue developing:

- _____

- _____

My 90-day vision:

"Three months from now, I will be someone who _____"

Resilience Building for Setbacks (2 minutes)

Purpose: Prepare for inevitable temporary returns to avoidance

Complete this setback recovery plan:

When I have a day/week of heavy procrastination, I will:

1. Remember that setbacks are normal and temporary
1. Use self-compassion instead of self-criticism
1. Review my evidence file about my capabilities
1. Take one small step back toward my goals
5. _____

My comeback mantra:

" _____ "

Commitment Ceremony (1 minute)

Write your commitment to continued growth:

"I commit to continuing this journey of facing my fears with courage and compassion. Even when it's difficult, I will remember that I am capable of growth and change. My commitment to myself is:"

Sign and date:

_____ Date: ____/____/____

Celebration of Completion

You've completed 20 days of consistent courage-building work. This deserves recognition.

How I'll celebrate this milestone:

What I want to remember most from this experience:

Message to my future self when I need encouragement:

Beyond Day 20

Your journey doesn't end here. You now have:

- ■ A toolkit of evidence-based strategies
- ■ Awareness of your patterns and triggers
- ■ Experience successfully facing fears
- ■ A maintenance plan for continued growth
- ■ Proof that you can change

Tomorrow and beyond:

Continue using your daily check-ins, weekly reviews, and monthly assessments. You are no longer someone who simply avoids - you are someone who faces fears with tools, support, and self-compassion.

Final Affirmation:

"I have the courage to face my fears one small step at a time. I am worthy of growth, success, and self-compassion. This is just the beginning of my transformation."

Congratulations on completing your 20-day foundation. Your future self thanks you for showing up.
