CHEAT SHEET · SECOND CHANCE

Cheat sheet for people who haven't held up their end.

Broken promises, unpaid debts, missing from someone's life. It isn't too late, and it starts smaller than you think.

Not every hardship is a test, and nothing here is graded.



- [ ] **Say it plainly.**
  Name what you didn't do. No "but."

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  SAY "I said I would, and I didn't. That's on me."
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- [ ] **Promise small, then keep it.**
  A text on Sunday. Five dollars a week. Pick something you can't fail at, and don't fail it.

- [ ] **Make a repayment plan, however tiny.**
  Five dollars a month is a plan. Silence isn't.

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  SAY "I can pay this much, starting on the first."
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- [ ] **Show up when it's inconvenient.**
  The unglamorous hour counts: the pickup, the hospital, the funeral. Be early.

- [ ] **Ask what would help, then do that.**
  Not what you would like to give. Then do the boring thing.

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  SAY "What would actually help?"
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- [ ] **Take it without defending yourself.**
  If they are still angry, don't argue.

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  SAY "You have every right to be. I'm still here."
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- [ ] **Let them set the pace.**
  Forgiveness belongs to them. Don't ask for it. Be someone it is safe to forgive.

- [ ] **Do one quiet good deed nobody will connect to you.**
  It rebuilds the part of you that believes you can do it.

- [ ] **Come back to it.**
  Missing a day is not failing. Start again tomorrow.

IF YOU ONLY DO ONE THING THIS WEEK

One honest sentence. One small promise. One promise kept.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.

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