The 1-1-7
Starter Kit

Simple pages for meals, your people, doctor visits, and getting outside



A companion to The Mail Pile Has Its Own Mail

MARGARET FERRARO

Your Next Good Chapter

WELCOME

Six Little Tools for Steadier Days

A STICKY NOTE FROM MARGARET

Each page in this kit is a small tool for something the 1-1-7 Method already asks of you: eating something real, getting outside, keeping your people close, and tackling that pile of calls and paperwork.

*Use one, use all six, or keep them in a drawer for the days you need them. **Print as many copies as you like**, fill them in with a pen or pencil, and print a fresh one whenever you want a clean start.*

Margaret

🍳 1. Weekly Meal Plan

Simple meals, protein first, and a stocked kitchen.

📞 2. My People

Who to call, your check-in buddy, and a wallet card.

🩺 3. Doctor Visit Prep

Your questions, what's changed, and your medications.

🌳 4. Outside & Moving

A week of fresh air and movement. All of it counts.

📬 5. Calls & Paperwork

One call, one bill, one form at a time.

🃏 6. Pocket Settling Cards

Four little cards to cut out and keep handy.



WALTER'S TAKE

"Six pages? I've read them all. Well, I sat on them. Same thing."

A VERY SHORT QUIZ

Which Page Do You Need First?

Check any that sound like your week. Then start with that page. (Checking all six is allowed. Nobody's grading.)

- [ ] My fridge currently holds a lemon, some ketchup, and hope.
  → *Start with Page 1, the Meal Plan*

- [ ] If something happened, I'm honestly not sure who I'd call first.
  → *Start with Page 2, My People*

- [ ] The doctor asks, "Any changes?" and my mind goes as blank as a fresh snowfall.
  → *Start with Page 3, Doctor Visit Prep*

- [ ] My biggest outdoor adventure this week was walking to the car.
  → *Start with Page 4, Outside & Moving*

- [ ] There's an envelope I've avoided for so long, it's about to have a birthday.
  → *Start with Page 5, Calls & Paperwork*

- [ ] At 2 a.m., my brain likes to run laps.
  → *Start with Page 6, Pocket Settling Cards*

SMALL ON PURPOSE

You don't have to fill in every line. A half-filled meal plan still got you to the store. One name on your people list is one more than you had written down yesterday.

WALTER'S TAKE

"I checked all six. Then I took a nap. Pacing is important."



1 Weekly Meal Plan

Keep it simple. Leftovers count. So does a sandwich.

Protein first

At each meal, ask yourself one question: "What's my protein?"

- 🥚 eggs
- 🐟 canned fish
- 🥛 Greek yogurt
- 🫘 beans
- 🧀 cheese
- 🍗 chicken
- 🥜 peanut butter
- ...whatever you enjoy

My week of meals

Color in a cup for each glass of water.

DAY	BREAKFAST	LUNCH	DINNER	WATER
Mon				○○○○○○
Tue				○○○○○○
Wed				○○○○○○
Thu				○○○○○○
Fri				○○○○○○
Sat				○○○○○○
Sun				○○○○○○

1 Meal Plan, continued

What's in the kitchen, and what's next

My staples

Check what you have. Circle what you need.

- ☐ Eggs
- ☐ Canned tuna or salmon
- ☐ Beans
- ☐ Greek yogurt
- ☐ Cheese
- ☐ Bread
- ☐ Oatmeal
- ☐ Peanut butter
- ☐ Frozen vegetables
- ☐ Fruit
- ☐ Soup
- ☐ Milk

Also on my list

No-cook ideas for a tired day

Circle any that sound good.

Eggs on toast · Soup + a cheese sandwich · Yogurt, fruit & nuts · Tuna on crackers · Beans on toast · Breakfast for dinner

One new thing to try this week

WALTER'S TAKE

"Tuna sandwich for lunch? Put me down for half."



2 My People

The people who make the days easier, all in one place.

My check-in buddy

One person you touch base with on a regular day. A quick "Still here!" text counts.

Name: _____

Phone: _____

When we check in: _____

People I can call

Think wide: a neighbor, a cousin, an old coworker, someone from church or a club.

NAME	HOW I KNOW THEM	PHONE

2 My People, continued

For the day you hope never comes

In an emergency

	NAME	PHONE
Contact 1		
Contact 2		
My doctor		
My pharmacy		

✂ Cut along the dashed line, fold if you like, and keep it in your wallet.

IN CASE OF EMERGENCY

My name _____

Call _____

Phone _____

My doctor _____

Phone _____



WALTER'S TAKE

"A list of people to call? I prefer a list of people who bring treats."

3

Doctor Visit Prep

A few minutes before your appointment can make the visit easier.

The appointment

Doctor: _____

Date and time: _____

Getting there (ride, address): _____

What I want to talk about

WHAT'S CHANGED OR BOTHERING ME	WHEN IT STARTED	HOW OFTEN

My questions

Write them down now. Your mind may go blank in the exam room, and that's normal.

1. _____
2. _____
3. _____
4. _____

3 Doctor Visit, continued

Your medications, and what happens next

Medications I take

MEDICATION	HOW MUCH	HOW OFTEN

BRING IT WITH YOU

Bring this list, or your pill bottles, to every appointment. Ask your doctor or pharmacist if you have questions about any of them.

What the doctor said, and what I do next

WALTER'S TAKE

"My questions for the vet: Why the thermometer? Why the carrier? Why me?"



4 Outside & Moving

A walk to the mailbox counts.

All of these count

Circle the ones you'd enjoy.

🚶 a walk to the mailbox · 🌷 gardening · 💃 dancing in the kitchen · 🙆 stretching · 🪑 sitting on the porch · 🛒 a lap around the store · 🐕 a neighbor's dog walk

My goal this week

My week

Circle how you felt afterward.

DAY	OUTSIDE?	WHAT I DID	MINUTES	AFTERWARD I FELT
Mon	☐			Better · Same · Tired
Tue	☐			Better · Same · Tired
Wed	☐			Better · Same · Tired
Thu	☐			Better · Same · Tired
Fri	☐			Better · Same · Tired
Sat	☐			Better · Same · Tired
Sun	☐			Better · Same · Tired

4

Outside, continued

Looking back at my week

What I enjoyed most

What got in the way

Next week I'll try

A gentle note: Start where you are. If you have a health condition, check with your doctor about what kind of movement is right for you.



WALTER'S TAKE

"Twenty minutes in the sun? I do that before breakfast. And after. And during."

5 Calls & Paperwork

One at a time. Start with the one that's been nagging you longest.

My to-do list

WHAT (CALL, BILL, FORM)	WHO OR WHAT NUMBER	DUE	DONE
			☐
			☐
			☐
			☐
			☐
			☐

MAKE IT SMALLER

If a call feels too big, start with the smallest version: just look up the number. Or just write down what you want to say. That counts as starting.

5 Calls & Paperwork, continued

Important numbers, all in one place

Important numbers

	NAME OR ACCOUNT	PHONE
Bank		
Insurance		
Utilities		
Pharmacy		
Other		
Other		

The one I'll do first, and when

WALTER'S TAKE

"Paperwork? I sit on it. Problem solved."



6 Pocket Settling Cards

Keep one by the phone, one in your wallet, one on the fridge.

✂ Cut along the dashed lines.



Three Slow Breaths

Breathe in for 4.
Hold for 6.
Breathe out slowly for 8.
Do this three times.

(Skip the hold if it's uncomfortable.)



5-4-3-2-1 Grounding

Slowly notice:
5 things you can see
4 things you can feel
3 things you can hear
2 you can smell, 1 you can taste



Act First

Do the smallest version
of your task, right now.
A small step still counts.

The thinking follows.



The Friend Test

What would I say to a good friend in this situation?

Now say that to yourself.



WALTER'S TAKE

"Four cards. I keep mine under the couch. You may choose a better spot."

NEW TO THE 1-1-7 METHOD?

It's the simple approach I worked out over 14 years as a case manager, and the one that got me moving again when I retired and hit my own slump: **1 small task a day, 1 honest reframe afterward, for 7 days.** *You act first, and the thinking follows.*

You don't need the method to use these pages. But if you'd like the whole thing, with the stories of two people it worked for, it's in The Mail Pile Has Its Own Mail at **yournextgoodchapter.com.**

Margaret

THE WHOLE FAMILY OF BOOKS

📬 The Mail Pile Has Its Own Mail

The 1-1-7 Method: one small task a day, one reframe, for seven days.

📓 My 7-Day Journal

A roomy, two-page spread for each day of your first week.

🪜 Beyond Week One

What comes after: ladders, tools, and finding your purpose.

🧰 The 1-1-7 Starter Kit

You're holding it. Nicely done.

yournextgoodchapter.com

WALTER'S TAKE

"That's the end. You may now pet me. Briefly."

