

PLAN FOR YOUR

10:07

*Because life doesn't stick
to the agenda.*

Page 1

What's not on your agenda?

You can have the best plan in the world and still get a 10:07. The first step is noticing what's already taking up space in your head, your time and your energy.



Where's your mental load right now?

Check what's on your plate, or add your own. There's no right or wrong — this is just a moment to see it all in one place.

☐  Aging parents or in-laws	☐  Kids or grandkids	☐  Work / Business	☐  Relationships / Partner	☐  Your health
☐  Home / Property	☐  Finances	☐  Legal / Estate planning	☐  Siblings / Extended family dynamics	☐  Pets
☐  Your own well-being (self-care, rest, etc.)	☐  Social commitments	☐  Travel	☐  Others (you tell me): _____ _____ _____	

What is taking up capacity even when you're not actively doing anything about it?

Use this space to offload what's on your mind. It might be big things, little things, recurring worries, or just a general sense of "a lot."



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What access do you have?

Not everyone's relationship with an aging parent looks the same. Your level of access changes what's possible, what's realistic, and what supports you might need.

*Different
situations.
Different
challenges.
Same goal:
a plan.*



FULL

You have regular contact and are actively involved in their life and care.

What does this look like for you?

What's working well?

Where do you feel the most pressure?



LIMITED

You have some contact or involvement, but your ability to be involved is limited.

What does this look like for you?

What are the main limitations?

What do you wish were different?



NONE

You have little to no contact or involvement, whether by choice or circumstance.

What does this look like for you?

What are the main challenges (this creates for you)?

What support do you need for yourself?



Where do you have influence?

Even when you can't control the situation, there are often things you can still influence. Take a moment to list them here.

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Who is the conversation with?

*Different
conversations.
Same goal.
A plan.*



Planning doesn't always mean one conversation, and it doesn't always involve your parent directly. Sometimes it's with family, professionals, or even yourself. You may have more than one conversation to have.



WITH THEM

The conversation with your parent (or in-law).

What do I need to talk about?

What do I need to know?

What would make this easier?



WITH OTHERS

The conversations with family, friends, professionals, or anyone else involved.

Who do I need to involve (or keep informed)?

What do I need from them?

What boundaries or expectations need to be discussed?



WITH YOURSELF

The most important conversation of all.

What do I need to decide for myself?

What am I willing to do?

What am I not willing to do?

What do I need to remind myself when it's hard?



Key Takeaway

You can't control how others respond, but you can control how prepared you are, what you communicate, and how well you know your own limits, values and options.

One conversation I can start now:



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Page 4

Plan for your 10:07.

You can't control when a crisis happens, but you can take steps now to make it easier on you when it does. Use this page to get clear on what you know, what you need, and what you can do before the call comes.

*A little
planning
today.
A lot more
capacity
tomorrow.*



I KNOW...

What do you know right now?
(facts, information, resources, people)



I'M WILLING TO...

What are you willing to do, consider or be involved in
when the time comes?



I'M NOT WILLING TO...

What are your limits? What are you not willing to do?



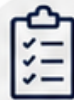
THE PERSON/PEOPLE I WOULD CALL...

Who would you reach out to first? (family, friends,
professionals, services)



THE SUPPORT I MAY NEED...

What kind of support would be helpful to you?
(information, practical help, emotional support, etc.)



ONE THING I CAN DO BEFORE 10:07...

What's one small, realistic next step you can take now?



Final thought

The goal isn't to make sure 10:07 never happens.
The goal is to make sure 10:07 isn't the first time
you've thought about what you're going to do.

*Prepared people
handle hard moments better.*

