

HERPEACE HUB · BONUS #3

# The 7-Day Grounded Woman Starter

*Exactly What to Do — and What to Stop —  
on Day 1 Through Day 7*

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## BEFORE DAY 1

## Why This Plan Exists

The most common question women ask after finishing The Grounded Woman Method is: where do I actually begin?

The guide gives you everything you need to understand. This plan gives you everything you need to start. One day at a time. One action, one thing to stop, one sentence. Nothing more.

Seven days is enough time to change the emotional temperature of a marriage — not permanently, but noticeably. Most women report that their husband responds differently by Day 4 or 5. Not dramatically. Just differently. A pause where there was usually defensiveness. A question where there was usually silence. A small reaching toward each other that had not happened in a long time.

**How this plan works:**

Each day has three parts:

**DO THIS** — one specific action to take today. Small, clear, manageable.

**STOP THIS** — one specific thing to leave out today. Usually an old habit that has been costing you more than you realise.

**SAY THIS** — one sentence. To him, or to yourself. Read it out loud in the morning so your body knows it before the moment arrives.

Do not do more than what is listed. The power of this plan is in its restraint. One thing at a time, done consistently, creates more shift than ten things done once.

*One final instruction: do not tell your husband you are doing this. The shift works quietly. Let him notice the difference before you name it.*

## DAY 1

## Show Up Fully at Dinner

From Chapter 2 — Grounded Presence

Today is not about a big conversation or a dramatic gesture. It is about one specific moment: dinner. Tonight, when you sit with your husband — even if it is brief, even if the children are there — be fully present. Put your phone somewhere else. Look at him when he speaks. Ask one question that has nothing to do with logistics. Not "did you pay the school fees?" Something real. Something that treats him like a person you are genuinely curious about.

### DO THIS TODAY

#### Ask him one real question

Not about bills, schedules, or the children. Something about him — his day, his thoughts, something he is thinking about. It does not have to be deep. It just has to be genuine. "How did that meeting go?" if you know he had one. "What was the best part of your day?" if you do not. Listen to the answer without planning your next question.

### STOP THIS TODAY

#### Filling silence with complaints or logistics

If the only words exchanged at dinner are about domestic management, the emotional temperature of the meal stays at zero. Tonight, leave the school fees conversation for tomorrow. One evening of actual presence costs nothing and deposits more than you realise.

### SAY THIS TODAY

*"I am here. Fully. Not performing — present."*

Say this to yourself before dinner. Not to him. It is an instruction to your own body.

*Before you sleep tonight: Notice if he lingered at the table a little longer than usual. You do not have to say anything about it. Just notice.*

## DAY 2

# Let Something Go Unsaid

From Chapter 3 — Emotional Closeness

There is something you have been wanting to say. A complaint, a correction, a reminder of something he has not done. Today, you are not going to say it. Not because you are suppressing yourself — because you are practising the difference between what needs to be said and what you are in the habit of saying. One day of restraint will show you how much of what you say is actually necessary and how much is just the soundtrack of a tense marriage.

### DO THIS TODAY

#### Identify the thing you would normally say — and choose not to

It might be a reminder. A correction. A criticism he has heard before. Write it down if you need to, so it is not lost. But do not say it today. Notice what happens in the space where that sentence usually lives. Notice what he does when he is not bracing for it.

### STOP THIS TODAY

#### Correcting, reminding, or criticising anything today

One day. Not forever. Just today. The goal is to experience what the dynamic feels like when you remove one layer of friction — and to let him experience it too. Friction you have been adding without realising it is costing both of you.

## SAY THIS TODAY

*"Not everything that occurs to me needs to be said today."*

Say this to yourself the moment you feel the urge to correct or remind. Breathe. Let it pass. Return to it tomorrow if it still matters.

*Before you sleep tonight: Ask yourself: did the thing you chose not to say actually need to be said? Would it have changed anything, or just added noise?*

## DAY 3

## Do One Thing That Is Only Yours

From Chapter 6 — Self-Rooted Worth

At some point, you stopped having things that belonged only to you. Interests, habits, small rituals that existed for no reason other than they made you feel like yourself. Today, bring one of them back. It does not have to be big. Read something you have been meaning to read. Cook something you love that has nothing to do with his preferences. Put on music that is yours. Take a walk without your phone. The specific activity matters less than the fact that you are doing something for you — visibly, unapologetically, in your own home.

## DO THIS TODAY

### Spend 30 minutes on something that belongs entirely to you

Choose it in the morning so you do not negotiate it away by evening. Tell no one what you are doing or why. Just do it. If your husband notices and asks, say simply: "I am doing something I enjoy." That answer — easy, grounded, undramatic — is itself a form of the method in action.

**STOP THIS TODAY****Explaining or justifying your time to anyone today**

You do not need permission to exist outside of your roles. One of the habits that makes women invisible in their own marriages is the constant accounting of their time to others. Today, take thirty minutes without accounting for them.

**SAY THIS TODAY**

*"I have a life that belongs to me. That makes me more, not less."*

Say this before you begin your thirty minutes. It sounds simple. It lands differently when you say it out loud.

*Before you sleep tonight: How did it feel to do something just for yourself? Did guilt come up? Did he notice? Write one sentence about it — just for you.*

**DAY 4****Say One True Thing**

From Chapter 4 — Honest Voice

Today you are going to say one true thing to your husband that you would normally keep to yourself. Not a complaint. Not a grievance. Something genuine — a thought, a feeling, an observation about your life or your marriage or your day that is actually true. The kind of thing you used to say to each other in the early years before the distance grew. Small is fine. True is the requirement.

**DO THIS TODAY**

## Share one genuine, unguarded thought with him today

It could be as simple as: "I was thinking about the trip we took before the children — I miss that version of us." Or: "Something happened today that I have been thinking about." It does not need to be profound. It just needs to be real. Real things land differently than managed things.

### STOP THIS TODAY

## Managed conversation — saying only safe, neutral things

Managed conversation is the language of distance. When every exchange is safe and logistics-based and risk-free, there is nothing for him to connect to. One real thing breaks that pattern. Just one.

### SAY THIS TODAY

*"I am allowed to be real with my husband. That is what a marriage is for."*

Say this before you find the moment to share. It gives you permission your body may not feel it has.

*Before you sleep tonight: Did he respond differently than expected? Even a small shift — a longer pause, a question back, a look — counts. Note it.*

## DAY 5

## Receive Something Without Deflecting

From Chapter 5 — Rebuilding Attraction

At some point, most women in distant marriages stop receiving well. A compliment gets deflected. A kind gesture gets minimised. A moment of warmth gets met with a wall that was built for protection and stayed long after the threat passed. Today, if your husband offers you anything — a word, a touch, a question, any small warmth — receive it. Fully. Without deflecting, minimising, or immediately giving something back to neutralise it.

### DO THIS TODAY

#### Receive whatever he offers today — and let it land

If he compliments you, say "thank you" and let the moment breathe. Do not immediately return the compliment to make it symmetrical. Do not brush it off. Do not say "really?" in a way that questions it. Just: "Thank you." And then let yourself actually feel it. That receptiveness is magnetic in a way that most women do not realise.

### STOP THIS TODAY

#### Deflecting, minimising, or immediately reciprocating warmth

Deflection is a protection habit. It kept you safe when the marriage was cold. But it also keeps warmth from actually reaching you — and him from feeling that his warmth lands anywhere. Today, lower that particular guard.

### SAY THIS TODAY

*"I can receive well. Being received makes him want to give more."*

Say this in the morning. Your body needs instruction before the moment arrives, not during it.

*Before you sleep tonight: What did he offer today — however small? Did you receive it? How did it feel to let it land rather than deflect it?*

## DAY 6

# Create One Moment of Real Warmth

From Chapter 5 — Rebuilding Attraction

Not performance. Not a romantic gesture designed to impress. One moment of genuine warmth that comes from who you actually are — not from what you think he wants. This is the difference the method makes between Day 6 and Day 1: by now, you have been showing up, letting go, existing fully, speaking truly, and receiving well. Today, you initiate warmth from that place. Not from strategy. From self.

### DO THIS TODAY

#### **Create one unscripted moment of genuine warmth today**

It could be as simple as touching his arm when you walk past. Making his tea the way he likes it and leaving it without comment. Laughing genuinely at something he says. Looking at him across the room and holding his gaze for a moment longer than usual. The specific action matters less than the fact that it comes from you — fully, genuinely, without agenda.

### STOP THIS TODAY

#### **Any manufactured or performed warmth**

There is a difference between warmth and performance and he can feel it. Performance closes distance temporarily and widens it afterwards. Genuine warmth — even the smallest version — creates something real. Only do what you actually feel today.

**SAY THIS TODAY**

*"I do not perform warmth. I give it from a place that is real."*

Say this before the moment arrives. It draws from your actual self, not from an idea of what a good wife does.

*Before you sleep tonight: What moment of warmth did you create today? How did it feel to initiate from a grounded place rather than from obligation?*

**DAY 7****Name the Shift — To Yourself**

From Chapter 6 — Self-Rooted Worth

You have spent seven days doing the work quietly. Today, before you add another action to the list, you stop and take account of what has shifted. Not in him — in you. The Grounded Woman Method has never been primarily about changing your husband. It has been about returning you to yourself. Day 7 is about seeing clearly what that return has started to look like.

**DO THIS TODAY****Write down what has changed in you over these seven days**

Not what he has done differently. What you have done differently. How you have felt differently. Where you have been more present, more honest, more yourself. Even if the changes feel small — write them. Small changes written down become real in a way they cannot when they stay inside your head. This written account is yours. No one else needs to see it.

**STOP THIS TODAY**

## Measuring the success of this week by his response alone

His response matters. But it is not the only measure. A woman who has spent seven days more grounded, more present, and more honest has already changed something real — regardless of what he has or has not done in response. Do not let his pace define your progress.

### SAY THIS TODAY

*"I have shifted. That shift belongs to me. It does not leave when he does not respond."*

Say this today, and write it down somewhere you will see it tomorrow.

*Before you sleep tonight: Read what you wrote. Then ask yourself: what does the next thirty days look like from here? You already have the answer. You have been living it all week.*

### AFTER DAY 7

## What Comes Next

Seven days ago, you were a woman reading an introduction and wondering if any of this would actually work. You are now a woman who has done the work — quietly, consistently, one day at a time. That is not a small thing.

### Here is what to do from here:

#### 1. Continue with the 30-Day Daily Anchors

Bonus #1 takes everything you started this week and deepens it, one morning at a time. Day 8 of the Anchors picks up exactly where Day 7 of this starter plan leaves off.

## 2. Go back to the chapter that landed hardest

There is one chapter in The Grounded Woman Method that you found most uncomfortable. That discomfort is information. Go back to it now — you will read it differently after seven days of doing the work.

## 3. Use the Honest Voice Scripts when the moment arrives

The conversations you have been avoiding are still there. You are now more ready for them than you were seven days ago. When the moment comes, use Bonus #2. The script that fits your situation is already written.

## 4. Do not announce the shift

The most common mistake women make at this point is telling their husband what they have been doing. Do not. Let the shift speak. If he asks what is different about you, the only answer you need is: "I am just being myself."

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*The Grounded Woman is not a destination you arrive at once and stay at forever. She is a daily decision. Some days the decision is easy. Some days everything in you wants to go back to the old patterns — the fighting, the silence, the performing, the disappearing.*

*On those days, come back to Day 1. Read the intro again. Take one action. Say one true thing. Receive one small warmth.*

*That is the whole practice. You already know how to do it.*

With love for your peace —

## **Adaora Nwachukwu**

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