



THE PLAN WILL BREAK — THIS IS HOW YOU RECOVER

Crisis & Recovery Plan

Building the plan takes one afternoon. Following it for 10 months is the real test. You will get sick, lose a weekend, hit a Month-5 slump. The plan is not a law — it's a compass. Here is how to get back on track without spiralling.

Lost a week to illness

or family emergency

Do not "make up" the week by doubling hours. Resume at your normal pace from where you stopped. Shift the affected milestones forward by exactly the time lost. Cut one low-yield sub-topic to absorb the slip. Health first — a burnt-out body costs more weeks than it saves.

Month-5 motivation slump

the long-haul wall

Shrink the goal, not the streak. Drop to a "minimum viable day" — 2 focused hours, one subject, one answer. Showing up beats intensity. Reconnect with why you started (write it on this sheet). Add a weekly reward and one accountability check-in. Momentum returns in 5–7 days.

Behind milestones by 3+ weeks

the slow drift

Re-prioritise, don't cram. Rank remaining topics by exam weightage. Protect high-yield (Polity, Economy, Ethics, your optional); temporarily drop the lowest-yield 10%. Move every milestone forward together. Covering 80% well beats 100% in panic.

Bombed a mock test

score shock

A bad mock is data, not a verdict. One mock predicts nothing — the trend over 5 does. Spend more time on the analysis than the test: tag every wrong answer (silly error / concept gap / not revised). Fix the top category first. Keep sitting tests; avoidance is the only real failure.

Working professional, week from hell

job swallowed your slots

Defend the morning, sacrifice the rest. When work explodes, hold only the 60–90 min morning slot and current affairs. Let new-topic reading wait for the weekend. One protected anchor habit keeps the chain alive through any crunch.

The reset protocol (run within 48 hours of any wobble)

Steady the ship

- ☐ Stop. No guilt-cramming for 24 hrs.
- ☐ Re-read your "why" (below).
- ☐ Re-run the Subject Audit — what changed?

Re-aim the compass

- ☐ Shift milestones forward together.
- ☐ Drop the lowest-yield 10% of scope.
- ☐ Rebuild next week on the tracker, then start.

My "why" (write it, you'll need it in Month 5):