Planning my week

Plan the week ahead so you have something to follow whatever your mood.

Name _____ Date _____

Plan one or two things for each part of the day. Keep them small and specific (what, where, with whom). Include something for achievement, something for closeness and something for enjoyment most days. Tick each one when it is done.

Day	Morning	Afternoon	Evening
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

What might get in the way this week, and what will I do about it?

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