



Activity plan, one week



Plan the next seven days, a few small things at a time. Start with easier activities and a mix of what they're for. After each one, check how it went and rate it from 0 to 100, where 0 is not at all and 100 is a lot. The back explains each part, and what to try when a plan doesn't happen.

Name _____ Week of _____

THE PLAN				HOW IT WENT						
Day	What will you do?	Smallest version	When	Did you do it?				Enjoyment 0 to 100	Accomplishment 0 to 100	Anything to note?
				Yes	The smaller version	Partly	Not this time			
				☐	☐	☐	☐			
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How it went

Did you do it?

On a hard day, doing the smaller version is a real result. Plans that don't happen are useful information too.

How much did you enjoy it?

How much did you feel you accomplished, given how hard it was?

Rate enjoyment and accomplishment separately. A hard phone call might be low for enjoyment and high for accomplishment. Accomplishment is as you felt it, given how hard things were at the time, so on a rough day something small can rate high. Neither has to be high for it to have been worth doing.

Anything to note?

Optional. What made it easier or harder, or what you noticed.

For example, "Went with my neighbor. Felt awkward for the first five minutes, then it was fine. Easier because I'd set my shoes by the door."

Smallest version

If the full thing feels like too much, what's the smallest useful version? Optional, and handy on harder days.

How many to plan

In the first week, one to three small plans a day is plenty, and some days can have none. After that, keep what worked and add one more each week if you're able. More isn't always better. A week with room to breathe is easier to keep.

When

Some people do better with an exact time. Others find that missing a set time makes the whole plan feel ruined, so a part of the day works better. Choose what fits you.

At a set time

An exact time, like 6:30 PM.

Sometime in the morning, afternoon, or evening

Good when an exact time would feel like a deadline.

After something I already do

Tying a plan to something you already do makes it easier to remember. After breakfast, after I get home, or after the kids are in bed.

Anytime that day

For days when you'd rather not tie it to a time.

What next?

Make it smaller. Plan the smallest version instead.

Pick a clearer first step. Plan just the first physical step.

Change the time. Plan it again for a time that fits better.

Get something ready ahead. Set out what you'll need, then plan it again.

Ask someone to join. Doing it with someone can make starting easier.

Try a different activity. Something else that serves the same purpose.

Let it go. If it no longer fits what matters to you right now.

What got in the way?

Any that fit. This isn't about blame. It shows what to change in the next plan.

WHAT GOT IN THE WAY	WHAT NEXT?
Forgot	Change the time, get something ready ahead
Too tired	Make it smaller, change the time
Didn't feel like it	Make it smaller, pick a clearer first step
Felt anxious	Make it smaller, pick a clearer first step, ask someone to join
It felt too big or unclear	Pick a clearer first step, make it smaller
Stuck in my head	Make it smaller, pick a clearer first step
The timing didn't work	Change the time
Needed something I didn't have	Get something ready ahead, change the time
Something else came up	Change the time
Other people	Change the time, try a different activity
Health	Change the time, make it smaller
It didn't fit after all	Try a different activity, let it go

After Didn't feel like it, Felt anxious, or It felt too big or unclear, the worksheet When I notice I'm avoiding something can help.

