

Don't just sit there, make a plan!

Planner Sheet

date

1. What am I going to do?

2. When am I going to do it?

3. What problems or difficulties could arise, and how can I overcome them?

Is my planned task—

Q. Useful for improving
my well-being?

yes

☐

no

☐

yes

☐

no

☐

yes

☐

no

☐

Q. Realistic, practical and achievable?

