

My Activity Planner

Use your Planner and Review sheets to plan each activity. Plan a balance of activities over the days and week. Choose things you enjoy, gives you a sense of achievement or makes you feel close to others.

Build things up over a few weeks so you end up with a range of activities planned in your free time. Leave some gaps for the unexpected things that crop up. Have some time just for you.

Get into a routine- a time to get up, eat, go to bed, and do the household chores, perhaps to go for a walk, or read a book.

Plan in the key essentials that otherwise will build up and cause you problems- keeping up with things around the house, looking after yourself and getting to meet family/friends.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			