PRINTABLE PLANNER

Make room in the week

Choose a few priorities and leave space for real life.

Week of / One focus

Name a priority that fits your energy and responsibilities.

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

A task I can break down

Write the task, its first visible action, and the next action.

Appointments, support, and recovery time

What needs a time slot? Include travel, preparation, and a pause afterward.

End-of-week review

What helped? What can be simplified, postponed, or shared next week?

Use a flexible routine. Unfinished tasks are information, not a verdict. Original template; see NIMH / ADHD.

U.S. crisis support: call or text 988. In immediate danger, call 911.