A PAUSE, A PRACTICE, A NEXT STEP

A Kind Weekly Plan

Give your week some room to breathe.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Gather the fixed pieces

Add appointments, classes, shifts, and deadlines in one place. Include travel time and useful reminders.

01 / Notice and reflect

What can I remove or delegate?

02 / Notice and reflect

When will I look at this plan again?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: If planning keeps feeling overwhelming, ask a clinician, school support team, or trusted person to help simplify the system.

Read more: CHADD National Resource Center · Day planners

More tools and immediate support: Our Healing Room / Crisis Support.

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