

Creating Structure
In-Session Planner: Scheduling

Things that are working well:

Things I want to change (things I am currently doing that are not working):

Important things I need to add:

Pleasant activities:

The thing that will make the biggest impact on how I feel:

Session 5

Use the template provided to record your modified schedule (including things you are already doing that are working well).

	Morning	Afternoon	Evening
Monday			

	Morning	Afternoon	Evening
Tuesday			

	Morning	Afternoon	Evening
Wednesday			

	Morning	Afternoon	Evening
Thursday			

	Morning	Afternoon	Evening
Friday			

	Morning	Afternoon	Evening
Saturday			

	Morning	Afternoon	Evening
Sunday			