The Week You Actually Have

Session 06 / Adults 18+ / Recovery Has to Survive Tuesday
Use Taylor, your own week, or pass. Keep details private. A few words, symbols or one day can be enough to start.

01 Today I choose: fiction / my week / listening / a pass.

02 One idea from the series I want to keep, or a question I still have:

03 What would make this planning activity usable?

Taylor’s changed week

Taylor starts the week with work shifts, a Wednesday support appointment, a bill to check, and a promise to help with dinner on Saturday. Tuesday’s shift runs late. Taylor misses the time set aside to look at the bill and thinks, The whole week is already off. There is no immediate emergency in this fictional example. Taylor still has responsibilities and choices for the next day.

What still needs attention

The bill’s actual deadline, Wednesday’s support appointment and other responsibilities still matter. Missing a planning block did not tell Taylor what to do next.

One useful inquiry

At breakfast Wednesday, open the statement and check its deadline. Seek appropriate help if the timing is urgent or the statement is inaccessible.

A possible adjustment

Move or shorten the task only after checking consequences. Keep the support appointment or contact the provider about a genuine conflict. A planner cannot guarantee help or erase a shortage.

My week at a glance

Use day labels, dates, or shift labels. Note known responsibilities and basic needs, then supports or choices. Unknowns can stay unknown. You can plan one day or leave rows blank.

Day / date	Responsibilities / needs	Supports / choices
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

One useful action

Choose something that serves a real need. It can be a question, an arrangement, a small task, rest or connection. It does not need to solve the whole week.

01 My action and when I could try it:

02 What setup, transport, time, care or support does it need?

03 What obstacle or missing resource needs attention? What is my first inquiry?

What if Tuesday changes?

Choose one: late shift / canceled ride / lower energy / no answer from a support contact. Use Taylor or a safe example. Seek appropriate help for urgent concerns.

01 The change: What needs attention now?

02 What can move or shrink? What consequence or responsibility must I check first?

03 My revised next step and fallback or support inquiry:

A way back to the plan

You can review and revise. Keep existing care plans in place. For practical gaps or growing distress, seek appropriate support rather than relying only on this page.

01 When and how will I check the plan?

02 What will I look for: what fit, what changed, or what needs help?

03 My next support contact or way to identify one, and a fallback if unavailable:

Two versions of the day

Creative alternative to rehearsal. Write, sketch, or map a first plan and a changed version. Include one responsibility, one adjustment and one support question. You do not have to show the page.

01 The first plan and the changed version:

02 What stayed important? What adjustment or help made the next step more realistic?

What I am taking with me

Optional follow-up. Keep this page; returning it is not required. A plan can need changing and still be useful. Ask for appropriate help when a worksheet is not enough.

Progress is progress

A mile or a millimeter. You can come back to the plan.
www.progresscounselingprograms.com

01 What did I try, learn, or change?

02 What support or practical need remains? What is one next useful step?