📁 Daily Planner

Targets (base your day around the target)
1 - Suicidal thoughts, self-harm, uncontrolled crying, panic attacks (emergency or distress)
2 - Treatment interfering
3 - Quality of life disturbance/increasing pleasant moments
4 - Learn a New Skill/Build Mastery

Targets identify what you are going to tackle based on where you are in your emotions/recovery. Don't force yourself to focus on work and your big picture goals (target 4) when you are feeling suicidal (target 1). Though we are trying to learn not to live through our emotions, really make sure you treat yourself fairly and plan your day according to the target area you are at so you can build resilience.

TIP: Use the planner in advance for the week ahead to organize routine and set intentions! Powerful motivator!
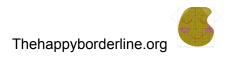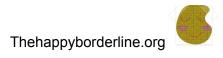
Date:_____

Goals

What are your overall long-term goals?

_____

_____

_____

_____

What are your overall short-term goals?

_____

_____

_____

_____

What is your target focus today? (pick 1-4)

1 - Suicidal thoughts, self-harm, uncontrolled crying, panic attacks (emergency or distress)
2 - Treatment interfering
3 - Quality of life disturbance/increasing pleasant moments
4 - Learn a New Skill/Build Mastery

_____

What is your primary goal today?

_____

Productivity

What is the first task to be done today and for how long?

_____

_____

At what time?

_____

What skill(s) will be used?

_____

_____-

Does it progress a long-term goal (yes or no) _____
Does it progress a short-term goal (yes or no) _____

What is the second task to be done today and for how long?

_____

_____

At what time?

_____

What skill(s) will be used?

_____

_____-

Does it progress a long-term goal (yes or no) _____
Does it progress a short-term goal (yes or no) _____

What is the third task to be done today and for how long?

_____

_____

At what time?

_____

What skill(s) will be used?

_____

_____

Does it progress a long-term goal (yes or no) _____
Does it progress a short-term goal (yes or no) _____

What are you doing today to achieve your short-term goals?
Which skills will you use to assist?

_____

_____

_____

At what time?

_____

What are you doing today to achieve your long-term goals? Which skills will you use to assist?

_____
_____
_____

At what time?

_____

Any Extras?