#####

##### 📁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?