Selfimprovecoach

Activity Scheduling

When the Plan Does Not Work

A CLIENT WORKSHEET | Notice, explore and adapt

An unfinished activity is useful information, not a failure.

Use these prompts to understand what got in the way and make a kinder, workable plan.

Activity I had planned:

1 NOTICE

What happened when the activity was due?

2 EXPLORE

What got in the way? Consider energy, anxiety, access, timing or task size.

3 ADAPT

What could make the next step smaller, clearer or more meaningful?

Ideas to consider (choose what fits you)

- ☐ Make it a five-minute version
- ☐ Choose a different time or place
- ☐ Ask for practical support
- ☐ Pick an activity that matters to me

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A CLIENT WORKSHEET | Try, review and learn

4 TRY

When, where and how will you test your revised plan?

My first small step:

When and where:

What might help me begin:

5 REVIEW

What did you notice about your effort, learning and useful patterns?

What will I keep, change or try next?

Curiosity first. Small steps. Flexible plans.

Progress includes noticing barriers and learning what works for you.