## WORKSHEET Something on the Calendar

*Fill in one small plan for each of the next four weeks, and one bigger plan with a longer runway. Then add who's in on it and one thing you'll do on the runway.*

Week 1, my small plan and the day: _____

Week 2, my small plan and the day: _____

Week 3, my small plan and the day: _____

Week 4, my small plan and the day: _____

My bigger plan (a visit, a trip, a celebration): _____

Its date, written in pen: _____

Who's in on it with me: _____

One thing I'll do on the runway (build, cook, look up, plan together): _____

If I'm a bracer, the one check I'll do before I let myself enjoy it: _____

Something good that's ending soon, and how I'll enjoy it: _____

- ☐ Every plan has a day or date.
- ☐ At least one plan is something to do, not something to buy.
- ☐ At least one plan includes someone else.
- ☐ My plans are written where I'll see them every day.

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