

SELF CARE PRINTABLE PLANNER

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RESOLUTIONS

DATE: _____

MY RESOLUTION IS _____

WHY? _____

ACHIEVE BY _____

REWARD _____

WEEKLY SELF-CARE

MONTH _____ YEAR _____

I'M GRATEFUL FOR _____

EXERCISE & NUTRITION _____

MY BIGGEST SELF-CARE GOAL THIS WEEK _____

HABITS TO START _____

HABITS TO STOP _____

THINGS THAT MADE ME HAPPY THIS WEEK _____

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DAILY GOALS

DATE: _____

GOALS _____

GOAL ACHIEVED _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

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MY HABIT TRACKER

	MON	TUE	WED	THU	FRI	SAT	SUN

WEEKLY SELF-CARE

MONTH _____ YEAR _____

I'M GRATEFUL FOR _____

EXERCISE & NUTRITION _____

MY BIGGEST SELF-CARE GOAL THIS WEEK _____

HABITS TO START _____

HABITS TO STOP _____

RESOLUTIONS

MY WORD IS _____

PLACES TO VISIT _____

THINGS TO DO BETTER _____

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Arthur E. Jongsma, Jr.



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The Task Planner William J. Reid, 2000-07-12 A comprehensive A to Z set of task planners for more than one hundred psychosocial problems from alcoholism and anxiety to domestic violence and sexual abuse Each entry includes a menu of actions the client can undertake to affect resolution a guide to the practitioner s role in facilitating these actions and a reference list An accompanying disk allows social workers to update the task planners they are working with and enables keyword searches for specific topics

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The Child Psychotherapy Progress Notes

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