



The SELF Project Sunday Prep Check-In

	What's Happening	Anything I Need to Complete?	What Will I do to Relax and Play Today?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Regular activities to think about? *(Laundry? Schoolwork?)*

How can I remember to prepare for unusual or one-time things this week?  
*(set a reminder in my phone? write myself a sticky note and put it on the bathroom mirror?)*

What can I say to myself if something doesn't get done? Do I have a plan for rescheduling it or delegating it?  
*("dang, I wish I'd understood how long that was going to take" "I need to ask for some support to get this finished")*