



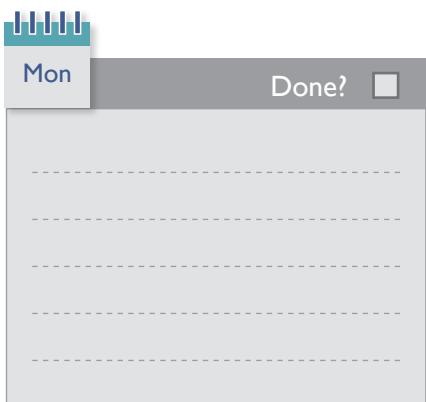
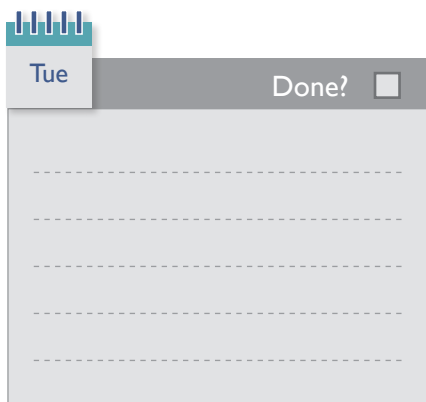
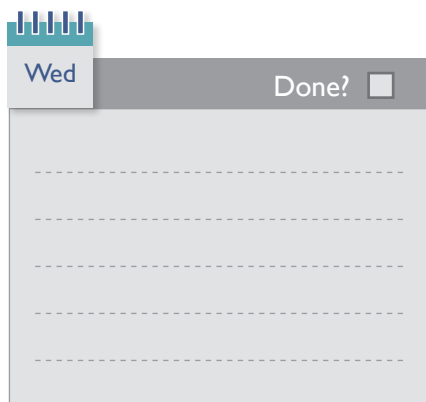
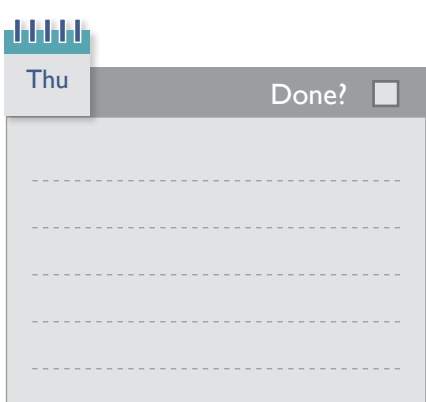
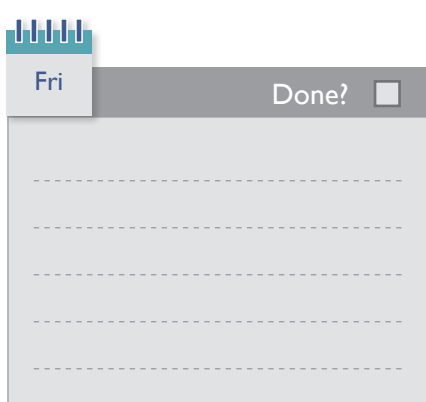
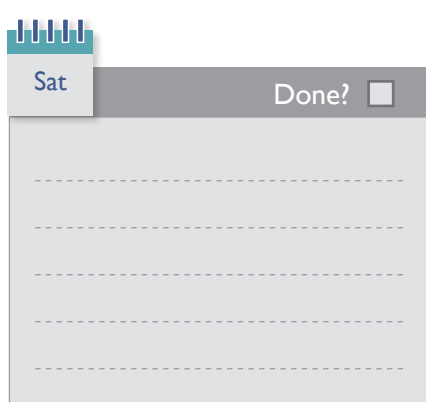
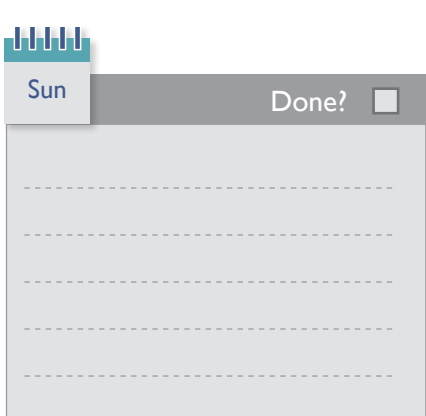
SMART tool: The weekly planner

Weekly planner

Once you have set some specific goals and broken them down into smaller, specific steps, the weekly planner can be useful for keeping these goals on track and ensuring that you are taking active steps towards achieving them.

Life may have become chaotic while you were engaging in your addictive behaviours. Routine has usually gone by the wayside. The weekly planner can help you identify things that you want to make more habitual and help you establish structure in your day-to-day life.

By ticking off completed activities on the weekly planner, you can develop a sense of achievement, boosting your self-confidence and self-esteem.

 <p>Mon Done? <input type="checkbox"/></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	 <p>Tue Done? <input type="checkbox"/></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	 <p>Wed Done? <input type="checkbox"/></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>
 <p>Thu Done? <input type="checkbox"/></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	 <p>Fri Done? <input type="checkbox"/></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	 <p>Sat Done? <input type="checkbox"/></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>
 <p>Sun Done? <input type="checkbox"/></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>		