



A Four-Week Planner

Fill in a focus skill and one concrete task per session. Keep it visible; tick each session off as you complete it.

Week	Session 1	Session 2	Session 3
WEEK 1	FOCUS SKILL☐ TASK	FOCUS SKILL☐ TASK	FOCUS SKILL☐ TASK
WEEK 2	FOCUS SKILL☐ TASK	FOCUS SKILL☐ TASK	FOCUS SKILL☐ TASK
WEEK 3	FOCUS SKILL☐ TASK	FOCUS SKILL☐ TASK	FOCUS SKILL☐ TASK
WEEK 4	FOCUS SKILL☐ TASK	FOCUS SKILL☐ TASK	FOCUS SKILL☐ TASK