Weekly stability plan

Fill it in at the start of the week and read it again at the end. Keep it small enough that a bad week does not break it.

Regulation · Stability

1 How to use it

Stability comes from things that are repeatable, not impressive. Choose fewer commitments than you think you can manage, so the plan still works on a difficult week.

2 This week

The week beginning

Three fixed points in my week

One thing that is only for me

One person I will speak to properly

3 What tends to knock me off

Situations I know are coming

What I will do first when one arrives

4 End of week review

What held

What did not, and why

The one change for next week

Sources: Behavioural Change Through Structured Awareness; The Science of Sustainable Human Change

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