

One small plan for today

A difficult day does not have to become a recovery project. Use any part of this page that helps you choose one manageable action. There is no schedule you have to catch up with and no score at the end.

1. Start with the day in front of you

Consider an ordinary need or practical responsibility: something to eat, a rest, a message about a shared task, or one piece of work. Choose according to your circumstances.

What needs my attention today?

What could wait, become smaller or be shared?

2. Make the action small enough to begin

"Open the document" is more specific than "get my life together." Your action does not have to change how you feel to be useful.

The next action I choose:

What would make starting it easier?

3. Include support and an exit

You can ask for a specific kind of company or help. Checking the plan later is optional; it is not a test you can fail.

Someone or somewhere I could turn for support:

When I finish or stop, what will I do next?

Support and scope

If distress is persistent or affecting daily life, consider professional support. In the U.S., call or text 988 for emotional or crisis support. Outside the U.S., findahelpline.com lists options by country. For immediate danger, contact your local emergency service.

Support options: attachmentshift.com/support

Background reading: [Find A Helpline: support options by country](#). The worksheet is original; a source link is not an endorsement or validation of this exercise.

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