Helpful Planning or Looping

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Someone checks a travel plan repeatedly.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Distinguish planning with an endpoint from repeating the same worry without new information.

3. What would count as enough planning?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.