High-Risk Time Planning

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

A person finds weekend evenings hard to structure.

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

2. Try this task: Plan food, transport, activity, and contact options for a difficult period.

3. What is the backup when the first plan fails?

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.