Daily Structure with Flexibility - Review journal

Review an attempt at daily structure with flexibility and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Casey plans one errand and leaves room for recovery time.

Use an ordinary or fictional example, with a clinician when appropriate. A manageable routine can support functioning without becoming a compliance test.

Practice task

Design a day with one chosen goal, rest, basic needs, and a backup for low-energy periods.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What makes this plan possible rather than idealized? My optional adjustment or support request:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A14-5