Your Next 7 Days

For young men

One action. One opportunity to practice. One review within seven days. Use this on its own or carry forward your workshop plan. Keep your answers private.

A strength I can use

One strength I bring is…

_____

One action I will try

What responsible choice can I practice this week?

_____

When and where

When / if _____, I will _____.

_____

Someone in my corner

Who could support this step? What specific help could I ask for? A role or initial is enough.

_____

If I get stuck

What might get in the way? What smaller step or appropriate help could I try?

_____

One review

I will review my attempt on _____. What happened? What helped? What will I adjust?

_____

Example: After dinner on Tuesday, I will spend ten minutes on the assignment I have avoided. If I get stuck, I will ask my teacher one specific question.

Choose a trusted, appropriate person. You can skip a question or use a role instead of a name. Do not add contact details or send completed plans to the website.