

Your Direction Plan

Printable worksheet · the interactive version lives at omnipsyche.org/therapyhomework



Name (optional) _____

Date _____

The two rules of the daily move

Small enough for a bad day. Your daily move must be doable on the day you are tired, discouraged, and busy, because those days are most days. "Write one sentence" survives a bad day; "write for an hour" does not. You may always do more; you must never owe more.

Anchored to something that already happens. Habits do not stick to willpower; they stick to other habits. "After I pour my morning coffee, I will..." beats "every day I will..." because the coffee happens no matter what, so the anchor holds.

THE DIRECTION

1 Which direction is this deep dive for? Copy the direction sentence here.

From your ranked list in the workbook. Work them in order; your number 1 gets your best hours.

2 The 90-day picture. If this direction went well for just ninety days, what specifically would be different?

What would someone close to you notice? Which of your five needs does this feed, and how does it serve your why?

3 What are you doing right now that moves you toward this, and what moves you away?

Both lists, honestly: actions and habits of thought.

4 The steering question: if you keep doing exactly what you are doing, will you get what you want here?

The most useful question in psychology. Answer with your gut.

1

2

3

4

5

6

7

8

9

10

No chance

Definitely

5 If that number was low: what has to change first?

If it was high, write what you must protect so it stays that way.

THE MOVES

6 Your daily move: one small action, doable on a bad day, anchored to something that already happens.

Use the anchor format. Remember the two rules: bad-day sized, and anchored.

7 Your weekly move: one bigger block, an hour or two, that pushes this direction forward. What, which day and time, and where?

Put it on the calendar like a doctor's appointment.

WHEN IT GETS HARD

8 Obstacles are not surprises; they are schedule items. Name the three most likely ones and decide now what you will do.

Three if-then lines: If ... then I will ...

SIGNS IT IS WORKING

9 What would count as honest evidence of progress at two weeks? At ninety days?

Measure what you did, not just what happened.

10 One person who is in this with you, and what you will tell them.

We keep promises to others more reliably than promises to ourselves. Pick someone who wants you to win; tell them the direction and the weekly move. That is all they need to know to help.

Bring this to your next session. What you wrote here is exactly the kind of material good sessions are made of. Repeat the exercise whenever it is useful; the value compounds.

Michael C. Shedrick, M.S., PLPC, NCC. This exercise is for educational and informational purposes only. It is not therapy, not a substitute for professional diagnosis or treatment, and completing it does not create a counselor-client relationship. If it was assigned by your treatment provider, bring it to them. If you are in crisis, call or text 988 (Suicide and Crisis Lifeline). Free mental health education and tools: omnipsyche.org