

This Week at the Wheel

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



Name (optional) _____

Date _____

THE STANDING APPOINTMENT

1 When and where does your steering check happen?

Same day, same time, every week; treat it as standing. If this is not your first check, just confirm it still fits.

THE FIVE QUESTIONS

2 1. What did you actually do? Which daily and weekly moves happened?

Count actions taken, not results or feelings. A week where you did the moves is a won week, whatever else happened.

3 2. What got in the way, and was it an obstacle or a choice?

No shame either way. Obstacles get an if-then plan; choices get an honest look at what you were really choosing.

4 3. When did this week feel most meaningful?

A moment of usefulness, connection, or aliveness, however small. You are training yourself to notice what your why feels like in the wild.

5 4. What will you choose next week? Same moves, or adjusted?

If a daily move failed three times, it is not too hard; it is too big. Shrink it and re-anchor it.

6 5. Re-read your why statement. Does the week you just planned serve it?

Re-read your why and answer honestly. If yes, you are done; close this and live your week. If no, change the plan, not the why.

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