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APPENDIX B

THE WEEKLY PLANNER MATERIALS

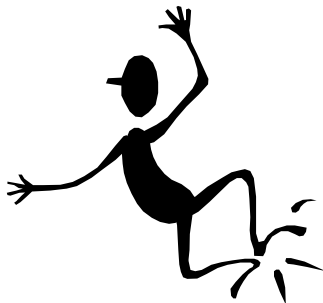


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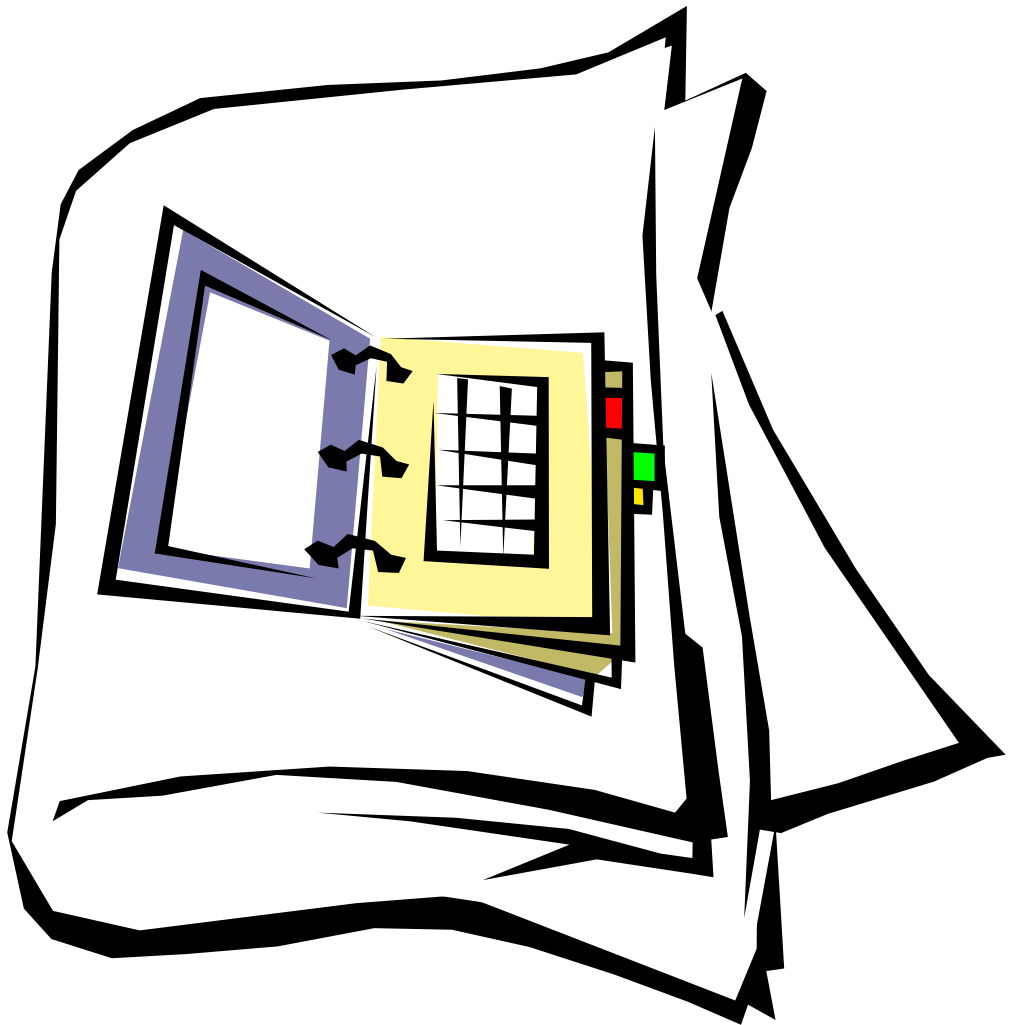
CHECKLIST

FOR SETTING UP *THE WEEKLY PLANNER*

- _____ Make 1 copy of the counselor procedure sheet on regular paper (p.50 of Appendix B).
- _____ Decide the number of *Weekly Planner* sets to make and multiple the following recipe by that number.
- _____ Copy each of the following materials on regular white paper:
 - _____ *The Weekly Planner* map of your choice (pp. 51- 56 Appendix B).
 - _____ The *The Weekly Planner* instruction sheet (p. 49 Appendix B).
- _____ Copy the quote cards onto cardstock (pp. 57-68 Appendix B):
- _____ Cut the quote cards on the dotted lines.
- _____ Assemble and rubber band each quote deck.
- _____ Assemble complete *Weekly Planner* sets, consisting of a quote card deck, a *Weekly Planner* map, instructions and a pencil.



THE WEEKLY PLANNER



INSTRUCTIONS

INSTRUCTIONS FOR *THE WEEKLY PLANNER*



Objective

To allow participants to select daily focus quotes to remind them of and help them to attain their personal goals.

Instructions

- Read through the quote deck.
- Choose seven motivational quotes that will help remind you of your personal goals. If you know of other quotes not included, you may use them instead.
- Write the quotes down in *The Weekly Planner* map. Each quote will be your daily focus, so try to choose quotes that will be helpful for the kinds of issues you face on those days of the week.
- Think of ways you can apply these quotes to your daily life.

Counselor's Procedure Sheet for *The Weekly Planner*

- A. Pass out *The Weekly Planner* map base, a deck of quote cards, and a pen or pencil.
- B. Instruct on completing *The Weekly Planner* quotes map.
1. Have them sort through the quotes to find seven motivational quotes they like. Ask them to keep in mind personal goals that they would like to accomplish. If you are using it with *The Tower of Strengths* have them keep their existing and desired strengths in mind while sorting, and have them try to pick quotes that will remind them of or help them use their existing strengths or attain their desired strengths.
 2. Have them write the chosen quotes in *The Weekly Planner* base. Point out that they can arrange the quotes to help them deal with problems that may tend to come up on certain days of the week.
- C. Discussion (suggested):
- Who wants to read aloud one of your quotes and tell what it means to you?
 - How many other people chose this quote? Does it mean the same thing to you?
 - How can this quote help you attain a personal goal (desired strength)?
 - How are you going to apply this quote to your daily life?
 - How could someone apply this quote to treatment?