

SCHOOL TOOL 01

Weekly Reset Plan

Regroup, choose priorities, and begin again.

A reset plan helps turn a stressful week into a manageable plan. Start with what is most important, then choose a small number of actions you can complete.

Look at the week

- List attendance, assignments, appointments, and responsibilities.
- Identify what is urgent and what can wait.

Choose three priorities

- Pick three realistic actions.
- Break large tasks into smaller parts.
- Celebrate completed steps, even if the week is not perfect.

GROW reminder: Strong support begins with listening, connection, and one useful next step.

Make it yours

Reflection and action page

Use this page to choose a practical next step and identify the support you need.

What stands out to me from this guide?

What is one action I can take this week?

Who can support this next step?

My commitment: My three priorities this week are:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.