



Up-ish

A Practical Guide for Getting Out of Bed When You Feel Stuck

Shawn Rowland, LCSW



Pear & Finch Press

My 7-Day Strategy Plan



Choose one to three strategies to practice for the next seven days. One strategy is enough.

Choose more only if they feel manageable or work well together.

Your goal is to use each strategy every day for seven days. Use this page to record whether you tried each strategy and what happened. If you miss a day, record it honestly and keep going.

My Strategies for This Week

	Strategy I will practice every day	How will I know it is helping?
1		
2		
3		

★ **Daily rating:** **Tried** = used the strategy **Not yet** = did not use it or it did not help yet **Some help** = helped a little **Helped** = clearly helped

Daily Check-In

Check each strategy and use the larger Notes space to record what happened, what helped, or what got in the way.

Day	Strategy 1	Strategy 2	Strategy 3	Notes
Monday	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	
Tuesday	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	
Wednesday	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	
Thursday	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	
Friday	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	
Saturday	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	
Sunday	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	☐ Tried ☐ Not yet ☐ Some help ☐ Helped	



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My 7-Day Strategy Review

Use this page to review what happened during the seven days and decide what you want to keep, adjust, or try next. The goal is to learn from the week, not to judge yourself.

	What happened?	What will I do next?	Notes
Strategy 1	☐ Not yet ☐ Some help ☐ Helped	☐ Keep using ☐ Make an adjustment ☐ Try a different time ☐ Choose a new strategy	
Strategy 2	☐ Not yet ☐ Some help ☐ Helped	☐ Keep using ☐ Make an adjustment ☐ Try a different time ☐ Choose a new strategy	
Strategy 3	☐ Not yet ☐ Some help ☐ Helped	☐ Keep using ☐ Make an adjustment ☐ Try a different time ☐ Choose a new strategy	

What I Noticed

I noticed that: _____ _____ _____	When I used the strategy: _____ _____ _____
The most unexpected part of the process was: _____ _____ _____	One strategy I want to keep using is: _____ _____ _____
One adjustment I want to make is: _____ _____ _____	Next week, I want to focus on: _____ _____ _____
Something I want to give myself credit for is: _____ _____ _____	

Next Week

Choose one to three strategies for the next seven days. You may keep, adjust, or replace the strategies you used this week.

Strategy 1	
Strategy 2	
Strategy 3	