

# CT-R WEEKLY ACTIVITY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Aspiration:

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Meaning:

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*Instructions:* If the individual's aspirations are not known, schedule activities to increase energy and connection. Write each activity under a day that the individual selects. Aspirations (when clear) go in the space indicated by blank lines below the chart, and then meanings go in the space below that. Next, add activities under the person's chosen day that relate to getting closer to these aspirations and meanings, increasing lived purpose daily. *Remember: Build schedules gradually and collaboratively.* See Chapters 3 and 5 for elaborated instructions.