



**THE RECOVERING SHOULDAHOLIC**  
**DAY PLANNER**

# THE RECOVERING SHOULDAHOLIC DAY PLANNER

1. The first rule of your ***Recovering Shouldaholic Day Planner*** is there are no rules.
2. The second rule is to remember that this planner is only as good as how well it serves you.
3. The third rule is that you use the space to track your tools. There is no failure, only learning.
4. The fourth rule is if you feel pressure, stop or adjust.
5. The final rule is See Rule #1.

## NOTES ABOUT THE TEMPLATE

**This Recovering Shouldaholic Day Planner is just to help you think about how long things actually take and to see your progress. If you have your own system (e.g. electronic) and it works, use that.**

### PRIORITY TASKS:

No more than 3 tasks that must get done on that day. If you find that something is getting pushed over a few days, be curious about why. No need for harsh or critical judgment.

### FOOD, DRINK & MEDS:

To help keep track of things that may impact energy or health. This is to help you notice trends or food sensitivities. No need for shame.

### TODAY'S MANTRA:

What's the inspiration you want to energize you today? You can repeat them over a period of time or come back to one.

### DAY SCHEDULE

The purpose of this is to plug things in and be aware of how long some thing ACTUALLY take. If you find that your tasks cannot fit into one day, reduce the number of tasks... or start counting all the invisible tasks that we don't always count that take up time!

### MORNING AND EVENING ROUTINES:

This is where you plug in your actual routine. You can put in what you aspire and check off the ones you do or just put down the ones you are currently working on. The goal is not to feel bad about it. The goal is to develop realistic expectations.

### AH HA's:

Track your Ah Ha's. There may not be any on some days or a lot on others. But it is a great way to remind yourself of your breakthroughs. Don't worry if you have the same ah ha many times. Sometimes the intellectual ah ha doesn't quite TAKE in the same way an emotional or practical one does.

### MY FEELINGS TODAY:

Can you identify any feelings today? How did your body feel? What was the feeling trying to tell you?

### TODAY I AM GRATEFUL FOR:

Research shows that gratitude helps with rewiring the brain. Remember: No pressure. If you don't feel it, don't force yourself to write anything. Just leave it.

### NOTES AND REMINDERS FOR TOMORROW:

This space is for you to practice saying no (like, thought of this, but I'm deciding not to do it), saying not now (like, I won't be able to do this today, but maybe tomorrow).

# THE RECOVERING SHOULDAHOLIC DAY PLANNER

DATE:     /     /       
WEEKDAY: SU MO TU WE TH FR SA  
ENERGY LEVEL: HIGH MED LOW

## PRIORITY TASKS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FOOD, DRINK, AND MEDS:

## TODAY'S MANTRA:

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

3:30 PM

4:00 PM

4:30 PM

5:00 PM

## MORNING ROUTINE:

## EVENING ROUTINE:

## AH HA'S:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MY FEELINGS TODAY:

## TODAY I AM GRATEFUL FOR:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## NOTES:

## REMINDERS FOR TOMORROW:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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TAKE AWAY FROM THERAPY:

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THOUGHTS:

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TAKE AWAY FROM COACHING:

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THOUGHTS:

DATE: / /

DATE: / /

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## SHOULDAHOLICISM

Don E. Hamachek (1978) determined that there are two types of perfectionism: Normal Perfectionism versus Neurotic Perfectionism

**Normal perfectionists** can pursue perfection without compromising their self-esteem and can derive pleasure from their efforts.

**Neurotic perfectionists** strive for unrealistic goals and feel dissatisfied when they cannot reach them.

A shouldaholic:

- Sets high expectations (I "**should**" be able to do that easily.)
- Measures self-worth by only accomplishment (I "**should only**" be proud of myself if I reach that goal.)
- Criticizes themselves harshly when they fail to meet their expectations (I "**should have**" been able to do that, and because I didn't, I must be dumb, lazy, incompetent, or a loser.)
- Has an all or nothing mentality (I "**should not**" reward myself by doing something fun until this job is done perfectly.)

A shouldaholic prioritizes:

- perfection over improvement
- perception of self over authentic self
- judgment over relationship
- rules over reality
- results over cost

A shouldaholic:


- has a biased filter in which to interpret the world
- increases pressure and stress on self
- increases pressure and stress on children
- may want to shift from neurotic perfectionism to normal perfectionism



ANCHOR  
self regulation

A - Awareness of body  
N - Name what is happening in body  
C - Connect to sensory **Calming Tools**  
H - Honour the process  
O - Open to connection  
R - Recommit to relationship

## CALMING TOOLS

Touch: 

- Massage lightly
- Hug, if okay
- Lay in dirt outside

Breath Work: 

- Slow down breathing
- Count breaths
- Take deep breaths

Vision: 

- Move left/right
- Adjust lights
- Use a flashlight

Taste: 

- Drink ice water
- Chew on ice
- Chew on sour

Movement: 

- Rocking movement
- Play sports
- Dance around

Sound: 

- Play a chant
- Play nature sound
- Sing or hum