My energy planner

This week's big things

What drains me

What recharges me

Rest I'll plan in

What I'll say no to

My notes

Notes from this week: what worked, what didn't

Task steps

The task

Step 1

Step 2

Step 3

Step 4

Step 5

My reward when it's done

My notes

Tasks I want to break down next

My needs card

My name

_____

I'm autistic. This means I may...

_____

_____

_____

Things that help me

_____

_____

_____

If I'm overwhelmed, please...

_____

_____

_____

My support person

_____

_____

_____

My notes

More about me

Appointment checklist

Who I'm seeing, when and where

What I want to talk about

Questions to ask

Adjustments I'll ask for

What they said and what happens next

My notes

Notes from the appointment

My calm plan

My early warning signs

What helps me calm down

What I need from people around me

Where I can go to calm down

Who I can contact

My notes

For the people helping me: what to say, and what not to do

My support plan

Supports I'm using

Who I can contact, and how

When I'll reach out

Signs I need more support

My next step, and when I'll do it

My notes

Support contacts and phone numbers