

# The Peer Planner



**GENERAL EDITION**

A 6-Month, Peer-Informed Recovery Planner

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## Sample Pages

A look inside: the welcome pages, the three phases, a monthly and weekly spread, daily pages from each phase, and the plan you build at the end.

**Your pace. Your words. Your journey.**

Created by Roxanne Stegall, CPS-MH · FPM · Built from lived experience

[thepeerplanner.com](http://thepeerplanner.com) · A product of Stegall Creative Studio LLC

A NOTE FROM ROXANNE

# This Planner Is Yours

## Welcome,

I created The Peer Planner™ from lived experience — because I know what it is like to need structure when life feels uncertain, and to need a reminder that asking for help is a strength, not a failure.

There were times in my own recovery when I had support, appointments, programs, and people encouraging me — but I still had to figure out how to move through the hours and days in between. I needed somewhere to organize my thoughts, make a plan, recognize what was affecting me, and remember what had already helped me keep going.

Recovery can ask a lot of us. It may involve rebuilding routines, relationships, confidence, trust, health, or a sense of direction. Some seasons feel full of progress. Others may feel slower, heavier, or uncertain. Both can be a part of recovery. Progress is not always easy to see while you are living through it.

That is why this planner was created — not to tell you what recovery should look like, but to give you a place to notice what is true for you. My hope is that these pages help you slow down, recognize your needs, identify what supports you, and take your recovery one day at a time.

You do not have to complete every prompt, fill in every space, or use this planner perfectly. Some days you may write a lot. Other days, one word may be enough. You may skip something that does not feel helpful or leave a page blank when you need to. If you miss a day — or several — simply return when you are ready. You have not failed, and you do not need to catch up.

This planner can be used privately, shared with someone you trust, or used alongside peer support, counseling, treatment, or another source of support. How you use it is your choice. The pages are here to support your recovery, not measure it.

Most importantly, you are not starting from nothing. You are beginning with everything you have already survived, learned, and carried with you. There is strength in your story, even in the parts you are still working through.

I hope this planner helps you recognize that strength, create a rhythm that supports you, and continue moving toward the life you want — one honest day, one meaningful choice, and one small step at a time.

## Let's begin.

With belief in your recovery,

*Roxanne S.*

Roxanne Stegall, CPS-MH · FPM

## GETTING STARTED

# How to Use This Planner

There is no perfect way to use this planner. It's here to support you, not add pressure. You can write a little or a lot, skip what doesn't fit, and come back to it when you're ready. Use these tools in the way that works best for you.



## Quick Check-In

Notice how you're doing before moving into the day.



## Today's Agenda

Give your day some structure and reduce long periods of unplanned time.



## Today's Focus

Work with one recovery and wellness topic at a time.



## This Week's Goal

Choose one realistic goal to work toward each week.



## Week at a Glance

Look ahead at your week and notice what stands out.



## Stressors & Signals

Pay attention to what is helping and what may need attention.



## Physical Wellness

Check in with movement, rest, nourishment, and caring for your body.



## Support & Connection

Identify where you may need support and practice reaching out.



## Reflection & Values

Notice what you're learning about yourself and whether your choices line up with who you want to be.

**Your pace. Your way. Your recovery.**

Write a little or a lot. Miss a day. Adapt a prompt. Keep going.

## THE WEEKLY RHYTHM

# Your Week Has a Rhythm

**Seven days. Seven areas of recovery. One familiar rhythm repeated throughout the planner.**

Each week follows the same seven-day pattern. The questions will change and grow with you as you move through the Grounding, Building, and Sustaining phases, but the purpose of each day remains familiar. The rhythm is included to give your week structure without asking you to work on everything at once. Each day creates space to focus on one area of recovery — from setting a goal and caring for your physical wellness to recognizing patterns, checking in with support, and staying connected.

 **SUNDAY**

## This Week's Goal

Give your week direction with one realistic step.

 **MONDAY**

## Physical Wellness

Notice what your body needs to feel supported.

 **TUESDAY**

## Stressors & Signals

Recognize patterns early so you can prepare and adjust.

 **WEDNESDAY**

## Reflection

Notice progress and learn from the week.

 **THURSDAY**

## Support Check-In

Name what support you need and who may help.

 **FRIDAY**

## What Helped Me Cope

Remember what helped you through difficult moments.

 **SATURDAY**

## Connection & Values

Make space for what gives your life meaning.

**The rhythm stays the same. You will not.**

The rhythm gives your week a place to begin. You decide what each day needs.

## HOW THE PLANNER IS ORGANIZED

# The Three Phases

## Six months. Three phases. One step at a time.

Recovery doesn't always move in a straight line. You may move forward, revisit something you've worked on before, or discover that you need something different along the way.



### GROUNDING

MONTHS 1–2

#### Creating structure and understanding what you need.

Find your footing by creating steady routines, noticing your needs, and taking small steps that feel manageable.

##### WHY IT MATTERS

Recovery can feel overwhelming without structure. Grounding is included to help you slow down, understand where you are, and create a dependable foundation for what comes next.



### BUILDING

MONTHS 3–4

#### Practicing what works and strengthening your skills.

Strengthen your skills by practicing coping skills, deepening your goals, and building confidence through repetition.

##### WHY IT MATTERS

Skills become more useful when they are practiced in everyday life. Building is included to help you learn from patterns, adjust what is not working, and recognize your progress.



### SUSTAINING

MONTHS 5–6

#### Carrying your tools forward and building a plan that belongs to you.

Carry your progress forward by strengthening what works, preparing for challenges, and creating a plan beyond these pages.

##### WHY IT MATTERS

Lasting recovery needs support, flexibility, and preparation. Sustaining is included to help you protect your progress and continue using your tools after the planner ends.

**You are not starting over. You are building forward.**

These phases are a guide, not a rulebook. This is your planner.



PHASE ONE

# GROUNDING

MONTHS 1-2 · WEEKS 1-8



**Finding your footing. Creating steadiness.  
Beginning where you are.**

Grounding is about slowing things down enough to notice what you need. During these first two months, you will begin creating a daily rhythm, paying attention to what supports your wellness, and taking small, realistic steps toward the life you want.

You are not expected to have everything figured out. The goal is not perfection — it is to build a steadier place to begin.

## GROUNDING · PART 1 · HOW MY DAY LOOKS RIGHT NOW

# Build Your 24 Hours

Use this spread to map a full day. On this page, fill in what a typical day looks like right now — honestly, without judging it. On the next page, sketch a day that would support you a little better.

| MY 24 HOURS |  |
|-------------|--|
| 12:00 AM    |  |
| 1:00 AM     |  |
| 2:00 AM     |  |
| 3:00 AM     |  |
| 4:00 AM     |  |
| 5:00 AM     |  |
| 6:00 AM     |  |
| 7:00 AM     |  |
| 8:00 AM     |  |
| 9:00 AM     |  |
| 10:00 AM    |  |
| 11:00 AM    |  |
| 12:00 PM    |  |
| 1:00 PM     |  |
| 2:00 PM     |  |
| 3:00 PM     |  |
| 4:00 PM     |  |
| 5:00 PM     |  |
| 6:00 PM     |  |
| 7:00 PM     |  |
| 8:00 PM     |  |
| 9:00 PM     |  |
| 10:00 PM    |  |
| 11:00 PM    |  |

Think about: sleep · routines · meals · responsibilities · work, school, or programming · appointments · transportation · support · movement · recreation · rest · personal time

Month \_\_\_\_\_

MONTH 1 · GROUNDING · MONTHS 1–2

# My Month at a Glance

What do I want to be intentional about this month?

| Sunday                                                                              | Monday                                                                              | Tuesday                                                                             | Wednesday                                                                           | Thursday                                                                            | Friday                                                                                | Saturday                                                                              |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |    |    |    |    |    |    |
|    |    |    |    |    |    |    |
|    |    |    |    |    |    |    |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

## MY FOCUS THIS MONTH

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## IMPORTANT DATES

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## DON'T WANT TO FORGET

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One small step at a time.

# My Week at a Glance

Week 1 · Starting Where I Am

This week, I want to focus on:

## SUNDAY

This Week's Goal

Date \_\_\_\_\_

## MONDAY

Physical Wellness

Date \_\_\_\_\_

## TUESDAY

Stressors & Signals

Date \_\_\_\_\_

## WEDNESDAY

Reflection

Date \_\_\_\_\_

## THURSDAY

Support Check-In

Date \_\_\_\_\_

## FRIDAY

What Helped Me Cope

Date \_\_\_\_\_

## SATURDAY

Connection & Values

Date \_\_\_\_\_

### THIS WEEK'S PRIORITIES

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### DON'T FORGET

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### SUPPORT I MAY NEED

Is there anything I need to ask for help with this week?

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One word for how I'm feeling today \_\_\_\_\_

**What tends to make my day feel harder or less steady?**

[illegible]

|          |  |
|----------|--|
| 12:00 AM |  |
| 1:00 AM  |  |
| 2:00 AM  |  |
| 3:00 AM  |  |
| 4:00 AM  |  |
| 5:00 AM  |  |
| 6:00 AM  |  |
| 7:00 AM  |  |
| 8:00 AM  |  |
| 9:00 AM  |  |
| 10:00 AM |  |
| 11:00 AM |  |
| 12:00 PM |  |
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| 10:00 PM |  |
| 11:00 PM |  |

One word for how I'm feeling today \_\_\_\_\_

**When I notice an early signal, what is one response I want to practice before reacting automatically?**

## What might get in the way?

## 99

**QUICK CHECK-IN** | Mood      | Hours slept \_\_\_\_\_

One word for how I'm feeling today \_\_\_\_\_

## TODAY'S FOCUS · STRESSORS & SIGNALS

### Which early signals deserve my attention every time they show up?

|                          |  |
|--------------------------|--|
| <input type="checkbox"/> |  |
| <input type="checkbox"/> |  |
| <input type="checkbox"/> |  |
| <input type="checkbox"/> |  |
| <input type="checkbox"/> |  |

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[illegible][illegible]



THE PEER PLANNER™

# My Sustaining Plan

**What I know. What works. What I'm carrying forward.**

This plan belongs to you. Over the past six months, you've been noticing patterns, practicing tools, learning what helps, and deciding what matters. These pages are a place to bring that information together so you have something to return to after the planner ends.

This is not a test, a discharge requirement, or a promise that every day will go according to plan. It is a snapshot of what you know about yourself right now.

You can change this plan as you change.

**My name** \_\_\_\_\_

**Date I completed this plan** \_\_\_\_\_

MY SUSTAINING PLAN

SECTION 3

# What I Want to Notice Sooner

## Signals that something is starting to shift.

When things start getting harder, changes may show up in different ways. Use what you've learned about your own patterns.

Thoughts I may notice...

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Feelings or emotions I may notice...

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Changes in my body...

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Changes in sleep, eating, energy, or routine...

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Things I may start doing — or stop doing...

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People, places, situations, or times that may require extra attention...

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The signals I most want to catch early are...

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## Ready to begin?

The full planner includes 26 weeks of daily pages, six monthly spreads, phase guides, end-of-phase reflections, and the complete My Sustaining Plan worksheet.

### ONE METHOD • FOUR EDITIONS

#### General Edition

Everyday recovery and personal growth

#### Outpatient Edition

PHP, IOP, step-down, and outpatient care

#### Forensics Edition

Jail, prison, day reporting, and reentry

#### Youth Edition

Young people ages 13–17

[thepeerplanner.com](https://thepeerplanner.com)

Bulk pricing is available for programs, agencies, and facilities.