

My Post School Routine Planner

Build Confidence and Connections



Build your week, stay connected and grow your skills with a routine that works for you.



What Matters to Me

Reflect before planning your week

Activities that make me feel happy and confident:

Skills I want to practice or improve (e.g., communication skills, social interactions):

My support network (friends, family, staff):

Plan My Week

Include activities like work experience, Learning and Lifestyle Hub sessions, volunteering, hobbies, or social time.



	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Social Connections and Activities

Who will I spend time with this week?

Community or group activities I want to try:

Social skills or NDIS-supported activities I want to join:

- ☐ Learning and Lifestyle Hubs
- ☐ Social Connections and Activities
- ☐ Group classes (art, sport, etc.)



Work and Learning Goals

Work experience plans for this week:

Skills to practice: (communication, teamwork, confidence)

One step towards my future career this week:



Tip: Link these activities to your NDIS supports if relevant.

Wellbeing and Check-In

How did I feel today?



One thing I enjoyed this week:

One thing I want to do differently next week:

Notes and Support Contacts

My support network:

Key contacts (support worker, family, mentor):

Other notes or reminders:

Everyone's routine looks different.

Whether you want to explore work through work experience programs, stay social at a Learning and Lifestyle Hub, or build skills through NDIS-supported activities, Endeavour Foundation can help.

Visit endeavour.com.au or fill in our enquiry form to get started.