



The S.T.E.A.D.Y. Return Map

Return without starting over.

A free, fillable educational planning packet for returning to unfinished school, work, and everyday responsibilities—one clear opening move at a time.

- S** Stop and name the pressure
- T** Take stock of what is open
- E** Elect one priority
- A** Adjust it to a doable opening action
- D** Do it—or schedule the opening move
- Y** Your return cue for the next restart

A practical boundary

Use this packet for planning—not for diagnosis, treatment, crisis response, or documenting confidential student/client information.



Before You Begin

A two-minute orientation to keep the tool simple, private, and useful

What makes this map different

Most reset sheets help you make a list. This one helps you create a return point: a small, visible handoff to your future self so an interruption does not erase your progress.

Use it when...

You have unfinished work, you have been away from a task, or you need a calm way to resume without rebuilding the whole plan.

Skip private details

Use general task labels or initials. Do not enter diagnoses, student IDs, therapy notes, passwords, medical details, or other confidential information.

Choose your use

☐ School or training

☐ Work or business

☐ Everyday life

My reason for using this map today

My privacy check

☐ I left out confidential, identifying, health, and account information.

My working window

Choose a realistic window. This is a planning choice—not a test of motivation.

☐ 5 minutes

☐ 15 minutes

☐ 30 minutes

☐ Schedule it

Important

This packet is educational and informational. It does not create a social worker–client, therapist–client, school–family, or other professional relationship.



Stop + Take Stock

Name the pressure without turning it into a judgment; capture only what is open

S — What pressure is making it hard to return?

Describe the situation in plain language. Example: "Three assignments are open and I do not know which comes first."

T — Open loops

List tasks, decisions, messages, or materials—not sensitive personal details.

OPEN ITEM 1

OPEN ITEM 2

OPEN ITEM 3

OPEN ITEM 4

What is already complete or safely paused?

Naming what is not open prevents the list from growing in your head.



Elect One Priority

Choose with visible facts—due date, impact, readiness, and available support

You are not choosing the most important thing forever. You are choosing the best opening point for this working window.

Candidate task

What facts support choosing it?

☐ A real deadline is near

☐ It unlocks another task

☐ I have what I need

☐ Support is available

☐ Delay has a clear consequence

☐ A short opening move is possible

Known deadline or check-in (if any)

Person or resource that can help

My one priority for this window

If the choice is still unclear

Pick the item with the nearest verified deadline or the one that creates the clearest next decision. If neither applies, choose the smallest reversible opening move.



Adjust + Do

Shrink the task until the first action is visible, specific, and startable

A — Turn the priority into an opening action

An opening action usually begins with a verb: open, find, name, draft, send, place, check, or schedule.

The larger task

My opening action

Done-for-now will look like...

Choose a visible stopping point, not a promise to finish everything.

D — Decide how it enters real time

☐ Do the opening action now

☐ Schedule it for a specific time

Start time

Where / with what

Friction check

If this still feels too large, remove one step. Example: change “write the email” to “open a blank message and add the recipient.”



Your Return Cue

Leave a handoff that tells your future self exactly where to resume

What I completed or changed

The exact next opening action

Where I left the work

Name the folder, document, page, platform, or physical location—without entering passwords or private account data.

Proof or confirmation to keep

Examples: submission receipt, confirmation number, sent-message copy, or a note that no proof is needed.

My next return cue

☐ Calendar reminder

☐ Visible note

☐ Check in with someone

Date / time / trigger



Weekly Return Map

A light review for carrying progress forward without collecting private case information

One thing I moved forward

One thing I am intentionally carrying forward

Its next opening action

A support or clarification I will request

My return cue

Use and sharing

You may print this packet for your own educational use. Do not use it as a clinical record, diagnostic tool, treatment plan, or substitute for qualified professional care. Do not place confidential student or client information in the fields.

If someone may be in immediate danger, contact local emergency services or an appropriate crisis resource.

© 2026 STEADELLE Studio. S.T.E.A.D.Y. Return Map framework and original wording by STEADELLE Studio.