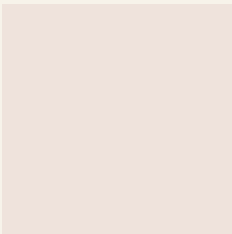


UNDATED PLANNER

My Gentle Goals

Small steps, held with intention.



DEVICE

FORMAT

WEEK START

iPad 11-inch / Goodnotes

Reusable cycles

Monday

TWELVE GOAL CYCLES

01 Goal cycle 01	02 Goal cycle 02	03 Goal cycle 03	04 Goal cycle 04
05 Goal cycle 05	06 Goal cycle 06	07 Goal cycle 07	08 Goal cycle 08
09 Goal cycle 09	10 Goal cycle 10	11 Goal cycle 11	12 Goal cycle 12

INCLUDED

12 goal cycles - 52 weeks - 4 goal maps - rituals - notes

Undated - reusable - hyperlinked navigation

WEEK INDEX	THIS WEEK	THIS CYCLE	GOALS
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UNDATED CYCLE 01

Goal Cycle 01

Define enough. Choose kind steps. Review without judgment.

DIRECTION FOR THIS CYCLE

WHY IT MATTERS NOW

WHAT ENOUGH LOOKS LIKE

MILESTONES WORTH NOTICING

NEXT KIND STEPS

PROGRESS NOTICED

WHAT I LEARNED

CARRY FORWARD

WEEK 1

Gentle Week

One honest action at a time is still progress.

MON	ONE KIND STEP
1	

TUE	ONE KIND STEP
2	

WED	ONE KIND STEP
3	

THU	ONE KIND STEP
4	

FRI	ONE KIND STEP
5	

SAT	ONE KIND STEP
6	

SUN	ONE KIND STEP
7	

ONE MEANINGFUL OUTCOME

Why this week?

THREE KIND STEPS

1

2

3

PROGRESS NOTICED

GOALS

Goal 1

A clear direction, a humane definition of enough, and one honest next action.

I WANT TO

WHY IT MATTERS

WHAT ENOUGH LOOKS LIKE

MILESTONES WORTH NOTICING

- 1

- 2

- 3

SMALLEST HONEST ACTION

SUPPORT AND OBSTACLES

HABITS

Gentle Rituals

A few practices, held lightly.

RITUAL 1

Why it matters

RITUAL 2

Why it matters

RITUAL 3

Why it matters

RITUAL 4

Why it matters

RITUAL 5

Why it matters