

UNDATED PLANNER

My Soft Reset

Begin again without apology.

DEVICE

CALENDAR

WEEK START

iPad 11-inch / Goodnotes

Undated

Monday

YEAR AT A GLANCE

01 January	02 February	03 March	04 April
05 May	06 June	07 July	08 August
09 September	10 October	11 November	12 December

INCLUDED

12 months - 52 weeks - Habits - Notes - Goals

Layout - habit-board week - intentions month

WEEK INDEX	THIS WEEK	THIS MONTH	HABITS
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MONTH 1

Monthly Reset

W	MON	TUE	WED	THU	FRI	SAT	SUN
01	W1						
02	W2						
03	W3						
04	W4						
05	W5						

WEEKS

W1

W2

W3

W4

W5

MONTHLY INTENTIONS

DATES TO HOLD GENTLY

WEEK 1

Reset Week

Plan for the capacity you have, with enough room to begin again.

GENTLE DIRECTION

CAPACITY / MINIMUM

SUPPORTIVE RHYTHMS			
REST	NOURISH	MOVE	RESET

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

HABITS

Restorative Rhythm

Build a minimum rhythm that still works on low-capacity days.

RHYTHM / WHY IT HELPS

MINIMUM VERSION

SUPPORTIVE RHYTHM	M	T	W	T	F	S	S
Rest	☐	☐	☐	☐	☐	☐	☐
Nourish	☐	☐	☐	☐	☐	☐	☐
Move	☐	☐	☐	☐	☐	☐	☐
Connect	☐	☐	☐	☐	☐	☐	☐
Reset	☐	☐	☐	☐	☐	☐	☐
Create	☐	☐	☐	☐	☐	☐	☐

WHAT HELPED

ADJUST / RETURN GENTLY

GOALS

A Gentle Reset

Release what is heavy, name what matters now, and choose a kind next step.

01 / RELEASE

02 / RESTORE

03 / RESTART

PRIORITY / DIRECTION	EVIDENCE / ENOUGH	NEXT VISIBLE STEP	WHEN
01			
02			
03			

SUPPORT / CONDITIONS

REVIEW / CARRY FORWARD