

Weekly Planner

Designed with your new rhythm in mind, this weekly planner helps you gently shape your days with clarity and intention. Each page offers space to set priorities, note appointments, and stay grounded in what matters to you. At the end of the week, a reflection page invites you to pause, appreciate your progress, and reset without pressure. It's a calming companion for creating a life that fits this next chapter, on your own terms.

Daily Planner

Do more of what you love

MONDAY: DATE

6:00		MY TOP 3 PRIORITIES
7:00		
8:00		
9:00		
10:00		
11:00		TODAY I AM GRATEFUL FOR...
12:00		
13:00		
14:00		
15:00		
16:00		TODAY'S REFLECTION <i>What energy do I want to bring into this week?</i>
17:00		
18:00		
19:00		
20:00		
21:00		
22:00		
23:00		

Daily Planner

TUESDAY: DATE

Do more of what you love

6:00

7:00

8:00

9:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00

MY TOP 3 PRIORITIES

TODAY I AM GRATEFUL FOR...

TODAY'S REFLECTION
What did I handle well today?

Daily Planner

Do more of what you love

WEDNESDAY: DATE

6:00	MY TOP 3 PRIORITIES
7:00	
8:00	
9:00	
10:00	
11:00	TODAY I AM GRATEFUL FOR...
12:00	
13:00	
14:00	
15:00	
16:00	TODAY'S REFLECTION <i>What did I notice about my energy today?</i>
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	
23:00	

Daily Planner

THURSDAY: DATE

Do more of what you love

6:00

7:00

8:00

9:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00

MY TOP 3 PRIORITIES

TODAY I AM GRATEFUL FOR...

TODAY'S REFLECTION

How did I take care of myself today?

Daily Planner

FRIDAY: DATE

Do more of what you love

6:00		MY TOP 3 PRIORITIES
7:00		
8:00		
9:00		
10:00		
11:00		TODAY I AM GRATEFUL FOR...
12:00		
13:00		
14:00		
15:00		
16:00		TODAY'S REFLECTION
17:00		What moment made me smile or feel light?
18:00		
19:00		
20:00		
21:00		
22:00		
23:00		

Daily Planner

SATURDAY: DATE

Do more of what you love

6:00		MY TOP 3 PRIORITIES
7:00		
8:00		
9:00		
10:00		
11:00		TODAY I AM GRATEFUL FOR...
12:00		
13:00		
14:00		
15:00		
16:00		TODAY'S REFLECTION
17:00		What would I like to carry into next week?
18:00		
19:00		
20:00		
21:00		
22:00		
23:00		

Weekly Reflection & Reset

Looking Back. Looking Forward

SUNDAY: DATE

HIGHLIGHTS OF THE WEEK

1. Something I'm proud of:

2. A small win or moment that made me smile:

3. What energized me most:

SELF-CARE + MINDSET CHECK-IN

4. Did I make space for rest and joy?

5. What felt nourishing?

6. How did I support my well-being?

GENTLE RESET

10. What can I let go of?

11. What needs adjusting?

12. One small thing I'll do differently next week:

NEXT WEEK'S GENTLE FOCUS

13. A word, phrase, or intention:

14. Top priority or theme:
