



The Gentle Weekly Planner

Welcome to the Gentle Weekly Planner

If you are used to planners that feel like guilt trips, you might find this one refreshing. There's no pressure to do more than you can. No shame if you don't finish it. Permission granted to rearrange, ignore and redo anything that doesn't fit your life this week.

How to use this:

- Make some copies
- Set intentions that feel good to you
- Schedule space to take care of yourself. Sensory care, joy, and rest need to be scheduled. Your well-being is always on the list
- Don't let this silly planner make you feel shame
- Use the Social Enrichment sheet to plan for social time and notice what you pick up. You might find some people don't make you feel nourished.



Weekly Intention Setting

What is one kind thing i want to focus on this week?

How can I celebrate myself this week?



There are no wrong answers here. Sometimes the answer is meme binge

Why do my celebrations of myself and my focus on kindness matter?

Is there a feeling, need or hope behind it? Because you want to is valid

What's one word for my week? Doesn't have to be a real one.



Gentle Weekly View

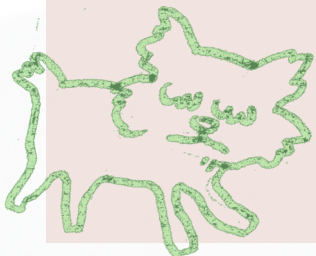
STUFF I NEED TO DO	IS THAT A REAL DEADLINE?

**TBREAK YOUR STUFF DOWN INTO
RICE SIZE PIECES HERE**

**WHAT AM I LOOKING
FORWARD TO?**



ANYTHING YOU'RE MOVING TO NEXT WEEK GOES HERE



Social Enrichment Sheet

WHERE AM I GOING? WHAT AM I DOING? WHEN?

WHAT DO YOU NEED TO BRING?

☐☐☐

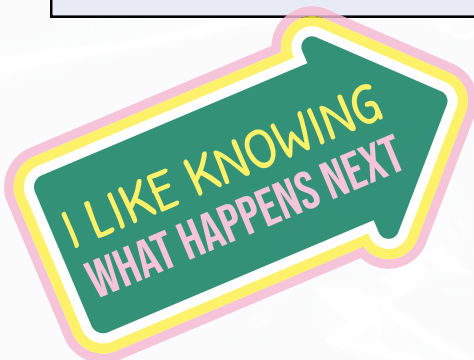
HOW ARE YOU FEELING ABOUT IT?



WHAT WENT WELL?

IF IT FEELS BAD WHILE YOU'RE THERE
WRITE HERE WHAT YOU CAN DO
IT'S OK IF YOU NEED TO LEAVE

HOW WAS IT?



SENSORY CARE SHEET

WHAT I'M INTO CURRENTLY	
SIGHT	
SOUND	
TOUCH	
TASTE	
SMELL	

BRAIN DUMP!! GET IT OUT

PERMISSION TO
SCHEDULE A SENSORY
BREAK OF YOUR CHOOSING

WHEN:

WHAT WILL YOU DO?



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.