A Gentle Weekly Plan

A clear weekly view with space for priorities, flexibility, and rest.



THIS WEEK WILL FEEL SUCCESSFUL IF...

MONDAY	one thing:		tiny win	☐
TUESDAY	one thing:		tiny win	☐
WEDNESDAY	one thing:		tiny win	☐
THURSDAY	one thing:		tiny win	☐
FRIDAY	one thing:		tiny win	☐
SATURDAY	one thing:		tiny win	☐
SUNDAY	one thing:		tiny win	☐

SIMPLE MEAL IDEAS

ONE THING I CAN RELEASE

"My grace is sufficient for thee."

2 CORINTHIANS 12:9

What We Accomplished

Notice progress, effort, learning, and what supported your week.

PROGRESS AND COMPLETED TASKS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

CHALLENGES I MOVED THROUGH

- [ ]
- [ ]
- [ ]
- [ ]

MOMENTS I ENJOYED

- [ ]
- [ ]
- [ ]
- [ ]

A KIND NOTE TO NEXT WEEK'S ME

"I can do all things through Christ which strengtheneth me."

PHILIPPIANS 4:13