Rooted Support Co.	The Soft Schedule	A WEEKLY PLANNER FOR REST-FIF PRODUCTIVITY
	DATE	MONTH

A WEEKLY PLANNER FOR REST-FIRST PRODUCTIVITY

I WANT TO FEEL:	MYSELF PERMISSION TO:		

I GIVE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEEDS:							
TASKS:							
CO- REGULATION MOMENT:							