

# The Soft Schedule

## A WEEKLY PLANNER FOR REST-FIRST PRODUCTIVITY

### How to Use The Soft Schedule

This planner was designed for sensitive, thoughtful humans who want to feel supported, not pressured. It’s not about hustling harder or checking every box — it’s about creating space for your nervous system to breathe.

Use this planner as a gentle guide, not a rigid rulebook. Some weeks you’ll fill every line. Some weeks you might just jot down a feeling. Both are valid. You’re doing it right.

Here’s how to flow with it:

#### At the top of the week:

- “I want to feel...”
  - Name a vibe or state you’re craving (e.g. grounded, peaceful, playful, steady).
- “I give myself permission to...”
  - Let go of expectations and claim your needs (e.g. rest more, say no, not be productive).

#### For each day:

- Needs:
  - What does your body, heart, or mind need today? (Think: rest, nourishment, nature, connection)
- Tasks:
  - Choose 1–2 small things that feel doable, not draining.
- Co-Regulation Moment:
  - Plan a quiet check-in with someone, or just time to feel connected — even if it’s a shared playlist or a text.

#### At the end of the week:

- Gentle Reminders:
  - Jot down a grounding phrase or affirmation you want to carry into the next week.
- Moments I’m Looking Forward To:
  - Make space for joy — big or small.
- Soft Wins to Celebrate:
  - Celebrate the tiniest victories. (Getting out of bed counts. Saying no counts. Drinking water counts.)

However you use this planner, know that you’re allowed to go slow, to rest often, and to center your well-being. You are not a machine. You are a whole, brilliant human — and this week, you get to treat yourself like one.



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I WANT TO  
FEEL: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I GIVE  
MYSELF  
PERMISSION  
TO: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DATE \_\_\_\_\_ MONTH \_\_\_\_\_

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

GENTLE REMINDERS: \_\_\_\_\_

MOMENTS I'M LOOKING FORWARD TO: \_\_\_\_\_

SOFT WINS TO CELEBRATE: \_\_\_\_\_