

Tiny Steps Planner

A gentle daily and weekly planner for sensitive,
overwhelmed, and neurodivergent humans



How to Use This Planner

This planner is designed for tiny steps, gentle progress, and nervous-system-friendly planning.

Use it on low-spoons days, burnout days, grief days, or whenever life feels heavy.

- What tiny steps are
- Why tiny steps work
- How to use daily pages
- How to use weekly pages
- How to track energy instead of productivity



Daily Tiny Steps

Sections:

- Today's Tiny Steps
- If I Only Do One Thing Today...
- Energy Level (spoon meter 1-5)
- What My Body Needs
- Gentle Wins
- Notes for Future Me



Weekly Overview

Sections:

- Tiny Goals for the Week
 - Things That Can Wait
 - Energy Forecast (Mon–Sun)
 - Soft Intentions
 - Tiny Rewards



Weekly Reflection

Sections:

- What worked
- What didn't
- What I learned about myself
- What I want to try next week
- One tiny win I'm proud of



Low-Spoons Day

Section

- Minimum tiny steps
- What can wait
- What support I need
- One thing that would make today softer
- A message to myself



Brain Dump

Monthly Overview

Sections:

- Tiny goals
- Important dates
- Things to release
- Things to nurture
- Notes

Notes

Thank You

Thank you! I hope this has helped you out.
Always work at your own pace, you are not behind,
you aren't alone. You got this !