

# 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



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# 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

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# Monthly Overview

Sections:

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



# Notes

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

# 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 !