PRINTABLE PLANNER

A little structure for today

A gentle place to learn, heal, and grow at your own pace.

Date / My available energy

Use a word, color, or simple note. This is a check-in, not a score.

One thing that matters today

Choose one priority. Write the first visible action, not the whole project.

My flexible rhythm

Choose a morning anchor, a midday reset, and an evening landing.

Care I want to make room for

- [ ] Food and water
- [ ] Rest or a short break
- [ ] Connection or support
- [ ] A prescribed care routine, if part of my plan

The smaller version still counts

If the day changes, what is the simplest helpful action I can keep?

Planning prompts are original. For more: NIMH / Caring for Your Mental Health.

U.S. crisis support: call or text 988. In immediate danger, call 911.