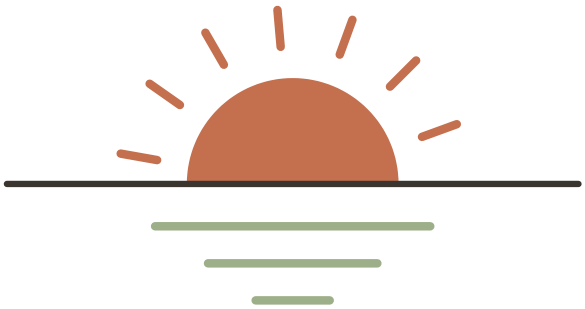

Calm Week

An undated planner for focused, unhurried weeks

BY NØTT STUDIO

How to use

This planner has no dates, so you can start any day of the year. Print the pages you need as many times as you like, or open the PDF in GoodNotes, Notability or any PDF app.

1 **Intentions**

Once a year or once a season: what matters, what to let go.

2 **Month**

Write the dates into the grid and mark the big things.

3 **Week**

Pick three priorities. Everything else is a bonus.

4 **Day**

For busy days: a schedule, a short list, a moment to breathe.

5 **Habits**

One small dot a day. No streak guilt.

6 **Notes**

A dot grid for everything else.

Tip: plan less than you think you can do. A calm week is still a good week.

Intentions

FOR

THREE WORDS FOR THIS PERIOD

WHAT MATTERS MOST

WHAT I WILL LET GO OF

GOALS

1

FIRST SMALL STEP

2

FIRST SMALL STEP

3

FIRST SMALL STEP

4

FIRST SMALL STEP

Month

FOCUS

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES

Week

WEEK OF

TOP 3

1

2

3

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

To do

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

NEXT WEEK

Day

DATE

SCHEDULE

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

TOP 3

1

2

3

TO DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

NOTES

ENERGY



WATER



ONE GOOD THING TODAY

Habits

MONTH _____

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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Fill a dot each day you did it. Missing a day is fine. Missing two is a signal, not a failure.

Notes

Thank you

We hope Calm Week makes your weeks a little lighter. If it does, tell a friend. That helps us more than you think.

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BY NØTT STUDIO