

Gentle Daily Routine Builder

This worksheet helps you create a simple, flexible routine that supports your wellbeing without pressure or overwhelm.

1. Morning Intentions

2. Midday Grounding or Reset

3. Afternoon Focus or Gentle Productivity

4. Evening Wind Down Practices

5. One Thing That Brings Me Joy

6. One Thing I Want to Release Today

Reflection

How did this routine support me today?
