

A gentler weekly plan

A plan with room for real life.

Start with the commitments you already have. Leave space for changes, recovery and ordinary life.

01 See the week

What is already fixed? Add appointments, work, study and travel.

Check your calendar before adding new plans.

02 Choose up to three priorities

What would make this week feel worthwhile? One priority is enough.

Choose outcomes you can influence, rather than a perfect routine.

03 Match the action to your energy

For one priority, write a usual-energy step and a low-energy version.

Example: Draft a page / write three rough bullet points.

04 Give the first step a home

When and where could you try it? What reminder or support would help?

Leave some time unallocated. A full calendar is not the goal.

05 Review without a verdict

At the end of the week: what helped, what got in the way, what will I change?

Carry forward only what still matters. An unfinished list is information, not a grade.

Use this as a flexible planning prompt, not a test or a treatment.

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