Start Here

One gentle, well-planned day at a time.

How to print

1. Open the file for your paper: this pack comes in US Letter and A4.
2. In the print dialog choose 'Actual size' or 100% scale - never 'Fit to page'.
3. Short on ink? Print the black & white pages at the back of this pack instead.

What's inside

Page 2: the Daily Planner sheet in colour - Page 3: the same sheet in black & white for ink-saver printing - Page 4: about the Tick & Bloom bundle.

Filled example - yours is blank, like this but empty

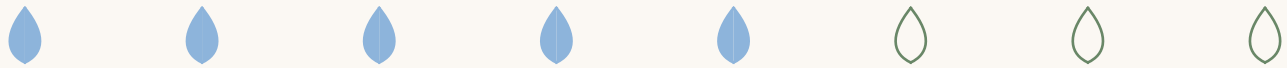
SCHEDULE

6:00	*Wake up + stretch*
7:00	
8:00	*Breakfast + plan the day*
9:00	*Deep work - report*
10:00	
11:00	*Emails + calls*

TOP 3 TODAY

1. *Send the proposal*
2. *Call Mum*
3. *30-minute walk*

Water - colour a droplet per glass



Mood



Example: the morning is planned, Top 3 are set, and 5 glasses of water are done.

For personal use only · Print at 100% scale

Daily Planner

One day, planned gently - undated, use any day.

Date: _____ **Day:** M T W T F S S

SCHEDULE

6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	

TOP 3 TODAY

1.

2.

3.

TO-DO

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

Water - colour a droplet per glass

MOOD & ENERGY

Mood ○ ○ ○ ○ ○

Energy ○ ○ ○ ○ ○

One good thing today: _____

Tomorrow I will: _____

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Daily Planner

One day, planned gently - undated, use any day.

Date: _____ **Day:** (M) (T) (W) (T) (F) (S) (S)

SCHEDULE

6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	

TOP 3 TODAY

1.

2.

3.

TO-DO

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

Water - colour a droplet per glass

MOOD & ENERGY

Mood ○ ○ ○ ○ ○

Energy ○ ○ ○ ○ ○

One good thing today: _____

Tomorrow I will: _____

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Keep Going, Gently

Small steps every day.

Enjoying your Daily Planner?

This free pack is one piece of the Tick & Bloom printable family. The full Wellness Bundle brings all of it together in matching Letter + A4 packs:

- Daily Planner Pack
- Budget Tracker Pack
- Habit Tracker v2
- Meal Planner + Grocery List
- Colour-In Mood Tracker
- Sleep Log with Pattern Tracker

Find every pack at tickandbloom.com - and pin your favourite pages so other gentle planners can find them too.

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