# Start Here

Your calm week-at-a-glance planner.

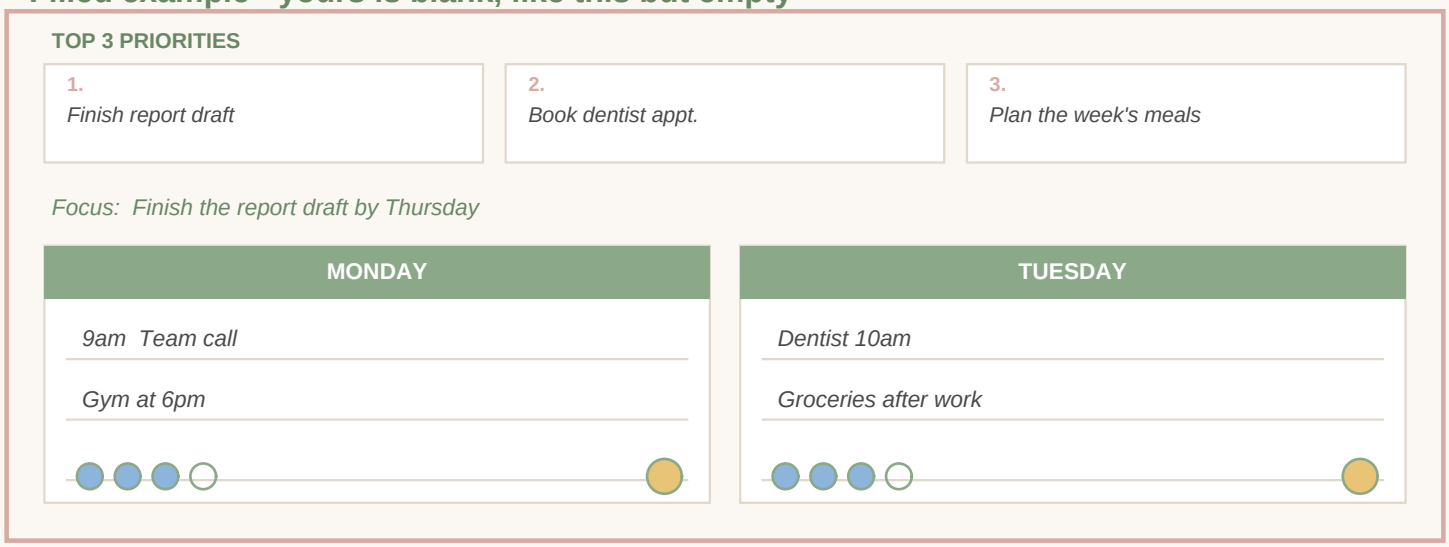
## How to print

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 Weekly 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




*Example: three priorities set, a gentle focus, and Monday-Tuesday started.*

# Weekly Planner

One calm week at a glance - undated, use any week.

**Week of:** _____ **Month:** JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

## TOP 3 PRIORITIES

1. _____
2. _____
3. _____

**This week's one focus:** _____

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| Date: | Date: | Date: | Date: | Date: | Date: | Date: |
| ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ |

## NOTES

# Weekly Planner

One calm week at a glance - undated, use any week.

**Week of:** _____ **Month:** JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

## TOP 3 PRIORITIES

| 1. | 2. | 3. |
|---|---|---|
| | | |

**This week's one focus:** _____

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| Date: | Date: | Date: | Date: | Date: | Date: | Date: |
| ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ |

## NOTES

# Keep Going, Gently

Small steps every day.

## Enjoying your Weekly 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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