

Anti■Hustle Weekly Planner

A gentle productivity guide for rest, balance, and nervous system wellbeing.

Use this planner to organize your week without burnout. Focus on energy, rest, and realistic priorities rather than endless productivity.

Weekly Intention

This week I want to feel...	
My top gentle priorities	
Ways I will protect my energy	

Weekly Flow (Gentle Planning)

Monday	
Tuesday	
Wednesday	

Thursday	
Friday	
Saturday	
Sunday	

Daily Energy Check■In

Morning energy level	
What my body needs today	
Most important task (only one)	
Rest breaks I will take	
Something joyful today	

Evening Reflection

What went well today	
What I'm grateful for	
How I will rest tonight	