

inaction planner

Day / Date:

How are you feeling right now in this very moment?

What tasks do you feel pressure to complete?

What would give you joy today?

Which of these things can you let go of?

How can you prioritize these things today?

Which can you engage with minimal effort?

Notes:

Daily Gratitude:

Before moving ahead with your day, let yourself do absolutely nothing for a few minutes. Write down anything that comes up amidst the stillness. Or write down absolutely nothing.