A Planner That Works With Your Brain

A planning and journaling aid — no medical claims, no guilt engineering. Three design rules run through every page:

- [ ] Tiny menus, not giant lists. Today has THREE boxes, not thirty.
- [ ] Done counts. Every page starts from what got done, not what didn't.
- [ ] No streaks to break. Missed days are just blank squares; the next box is the only one that matters.

Print the Today page as often as you need it. Keep a stack ready — deciding to plan shouldn't require finding the planner.

Brain Dump — park it all here

Everything bouncing around your head goes on this page. It doesn't have to be tidy; it has to be OUT.

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Today — date: _____

My top 3 (that's the whole list — everything else is a bonus)

1.

2.

3.

Time blocks (rough is fine)

When	One thing per block
Morning	
Midday	
Afternoon	
Evening	

Focus session

I'll work on: Timer: _____ min Body double / music: _____

If I finish early, my reward is:

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Reward Menu — small, immediate, actually appealing

Pick rewards BEFORE you need willpower. Tick the ones that work; add your own.

- [ ] 15 minutes of a favourite game / show, guilt-free
- [ ] A good coffee or snack, made properly
- [ ] Music loud, one song dance break
- [ ] Step outside — sun + a short walk
- [ ] Text a friend a meme
- [ ] 20 minutes of hobby time
- [ ] A long shower
- [ ] Buy the small thing on the wishlist (under $10)
- [ ] Nap — set an alarm, no shame

Weekly Reset — the forgiving kind

What DID get done (write it first, however small)

- ☐
- ☐
- ☐
- ☐
- ☐

Still rattling around my head? Brain-dump it here or on a dump page

Next week, the ONE thing that matters most:

Habit Dots — month: _____

Dots, not streaks. A month with scattered dots is a habit that's alive.

Habit \ day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31