

# Finding My Pace

## Weekly Planner

**There is no right pace.**

This week, I will focus on what matters most and be kind to myself along the way.



### **This Weeks Matters**

The three things I would most like to focus on this week.

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### **What Can Wait?**

Things that do not need my energy right now.

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### **Space to Recharge**

Things I would like to make time for this week

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### **My Herd This Week**

Who can support me this week?

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### **Looking Ahead**

Appointments, reminders & important dates

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### **This Weeks Win**

Something I am proud of from this week.

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*"Pace yourself with kindness."  
You do not need to do everything today.*