



The Energy and Flow Mini-Planner

A gentle companion to the
Sensitive Achiever's Roadmap —
track your energy, focus on what
matters, and build
compassionate routines

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The Energy and Flow Mini-Planner

What's Inside:

- Daily prompts to track your energy and focus on what truly matters
- Weekly reflections to help you fine-tune your systems with compassion
- A gentle companion that flexes with your sensitivity and ADHD brain



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Weekly Reflections

Date: _____

When did I feel most “in flow” this week?

Where did I push past my capacity?

One small adjustment I can try next week is...





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