



# A Gentle One-Page Planning Reset

*Take a quiet moment. Breathe.*

*This is not about doing more – it's about beginning gently.*

## RELEASE

What am I being invited to let go of?

What feels heavy or no longer serves me in this season?

(Expectations, guilt, pressure, past disappointment)

Let go of:

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## ROOT

What grounds me right now?

Where do I feel most connected, steady, and supported?

(A verse, prayer, truth, practice, or reminder)

My anchor for this season:

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## FOCUS

What matters most in this season? Instead of many goals, choose one area that needs gentle attention.

My primary focus right now:

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## PRACTICE

What is one small step I can take?

Choose one realistic, repeatable practice – not perfection.

One small practice I will carry forward:

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## A Gentle Reminder

You are free to move slowly. You are free to grow imperfectly.

Nothing you've walked through is wasted. The work God began in you is still unfolding.

If planning has felt overwhelming, I created this free one-page reset to help you begin with clarity and grace – not pressure.

Plan Well: A Gentle One-Page Planning Reset invites you to pause, reflect, and choose one faithful step forward for this season.