GroundedHer

A free printable from

Daily Soft Wellness Planner

One page for a slower day. An intention, three quiet priorities, a few gentle anchors, and a soft place to close the evening. Print as many as you like.

1 planner page | Undated | Print again and again

Today

A slower plan for one ordinary day.

Date · _____

Today, I want to feel

The one thing that would make today feel enough

Three things, gently

Not a to-do list. Three things that would genuinely help — everything else can wait.

1

2

3

A small kindness for myself today

What I'm setting down for now

Soft anchors

- [ ] Water nearby
- [ ] Something warm
- [ ] Fresh air
- [ ] Moved my body
- [ ] A real pause
- [ ] Screen-free hour

Tonight, gently

One moment that felt good

One thing I'm releasing

Tomorrow's first soft step

More gentle things

Made to sit alongside the calm-living guides at groundedher.com.

If this page made your day feel a little softer, these are the printables it belongs to. Each one is built the same way: readable type, room to write, nothing that asks you to be more disciplined than you already are.

Cozy Fall Reset Kit — $12

Autumn morning and evening rituals, seasonal intentions, a slow weekend rhythm, 31 October prompts, and a seasonal reflection to close the season well.

Monthly Reset Kit — $5

A small kit for each month: journaling prompts, monthly intentions, a soft habit tracker and a reflection page. New one every month.

A Year of Calm — $24

All twelve Monthly Reset Kits in one bundle. Buy early and each new month arrives in your inbox as it is made.

Where to find them

shop.groundedher.com — printables, kits and journals

groundedher.com — slow mornings, gentle routines and calm-living guides, new posts every week

Slow down. Breathe deeper. Live more intentionally.

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