

Gentle Focus & Reflection Guide

*A simple page to help you choose what matters
without planning every moment.*



*One thing that felt supportive:
(A moment, a habit, or something small)*

*How I want this time to feel:
(Calm, spacious, steady, supported...)*

*What I'm choosing to focus on:
(Just one to three things is enough.)*

*Something I'd like more of:
(Time, space, ease, connection...)*

*What I'm letting go of:
(Habits, expectations, noise or 'shoulds')*

*Something I can release:
(An expectation, a worry, or a 'should')*



Thoughts

Use this page for thoughts, doodles and ideas.

