

# The Bare Minimum Weekly Planner

A flexible brain-support system for chaotic minds.

This isn't a planner for overachievers. It's for you — the real you — the one who sometimes forgets what day it is but still wants to feel slightly more in control than a tumbleweed in a windstorm.

Here's how it works:

- Plan the week in a way your brain will tolerate.
- Check in with your energy and mood (not just tasks).
- Celebrate weird little wins.

No guilt. No rules. No gold stars needed.

Just you, showing up for yourself — in your own way.

## ■■ My Week (A Bare Minimum Version)

Top 3 Things I Actually Need to Do:

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Optional (If My Brain Cooperates):

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Things I Might Do to Feel Human:

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One Ridiculously Small Win I'd Be Happy With:

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## ■ Weekly Energy & Mood Tracker

Mood / Energy Check-In (Just circle or draw a squiggle — no perfection required)

Mon | Tue | Wed | Thu | Fri | Sat | Sun

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What Helped This Week:

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What Drained Me:

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Next Week, I Want To...

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