

GROUNDHER

Daily Soft Wellness Planner

A gentle rhythm for today — no pressure, just presence.

TODAY I'M CHOOSING TO FEEL

Calm

Soft

Steady

Tender

Grounded

Light

THE ONE THING I WANT TO REMEMBER TODAY

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A FEW GENTLE THINGS, NOT A WHOLE LIST

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A SMALL CHECK-IN WITH MYSELF

☐ Water ☐ Rest ☐ Movement ☐ Sunlight ☐ Connection

THIS EVENING, I'M LETTING GO OF

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Small steps are enough.