



*Create Your Gentle
Daily Rhythm:*
**A Planner to Support You
& What You Need**

By Beth Kourik | City Life to Farm Life

**GENTLE RHYTHMS ARE THE HEARTBEAT OF A
SLOWER LIFE.**

GENTLE DAILY RHYTHM PLANNER

This planner isn't about squeezing more into your schedule. It's about creating space for what truly matters.

Inside, you'll find a flexible framework to help you design a daily rhythm that restores you, not drains you. No strict timelines. No perfection is needed. Just simple anchor points that bring a sense of calm and flow to your day.

Take a deep breath. You're allowed to move at the pace of peace.

NAME: _____

MY DAILY RHYTHM

Date: / /

Day:

S M T W T F S

Use the prompts below to gently map out your flow. Think flexible, not fixed.

What brings you ease as you start your day? (Example: Enjoy coffee without a screen, light stretching, reading)

1.
2.
3.

What helps you reset or recharge? (Example: Step outside for fresh air, a nourishing lunch, creative time)

1.
2.
3.

How do you want to wind down? (Example: Screen-free hour, journaling, warm tea + music)

1.
2.
3.

GENTLE REFLECTION PROMPTS

What part of my day feels most rushed or chaotic?

Where can I soften the pressure?

What small moments feel grounding?

• Mood Tracker:

     (Circle the one that fits)

• Day Rating:

☆ ☆ ☆ ☆ ☆ (Circle how many stars you give)

Affirmation: I create a daily rhythm that restores me.

Notes:

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Date: / /

Self-Reflection & Awareness

What are three things I'm grateful for today?

1.

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2.

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3.

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How do I feel right now? What might be the cause of these feelings?

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What are the positive qualities I see in myself?

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What habits would I like to change or improve in my life?

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“You can’t pour from an empty cup—take care of yourself first.”