The Weekly Knot Planner

Knot Alone

One week. One knot. Three small moves. The whole planner is one page on purpose — a plan you can finish beats a system you abandon on day nine.

THIS WEEK'S KNOT

The one thing you are working on. Not five. One.

Three small moves

Small enough that a bad day cannot stop them. If a move needs a good mood to happen, it is too big.

1

2

3

Did it happen?

Mon	Tue	Wed	Thu	Fri	Sat	Sun

HONEST ENERGY THIS WEEK

Low / medium / high — plan for the real one.

WHAT I AM DROPPING

Something has to go. Choose it on purpose.

SUNDAY, ONE LINE

Not "did I do everything". Ask: did the spiral get shorter this week?

Educational use only — not therapy, diagnosis or medical advice.

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