

Soften Hyper Independence A Four Week Progression

This printable planner guides you through a gentle trauma informed four week progression. Use weekly overviews and daily pages to practice the Two Minute Downshift the Five Percent Yes the Clean Ask Precision Receiving the Delegation Reframe Parts Informed Reassurance and the Receiving Hour. Make it yours. Write check off and adapt at your pace.

How to use this planner

Start each day with a downshift set one clean ask or micro yes and keep space for reflection. Weekly overviews help you see patterns. Daily pages leave room for notes. Nothing overlaps. Everything is designed to be clear writable and calm.

