

Soft System Starter Kit

6 Ready-to-Use Planning Tools
Built for Neurodivergent Minds

- Energy Tracker
- Weekly Soft Structure Map
- Micro-Momentum Checklist
- Anchor Setting Sheet
- Task–Energy Matching
- Soft Reset Card

Energy Tracker

Notice your energy — without judgement

Use this daily or weekly to notice your energy patterns.

No analysis needed — just awareness.

HIGH

Deep focus · Creative work

MEDIUM

Admin · Familiar tasks

LOW

Rest · Gentle activity

DAY	ENERGY STATE	NOTES / WHAT I NOTICED
Monday	<input type="checkbox"/> H <input checked="" type="checkbox"/> M <input type="checkbox"/> L	_____
Tuesday	<input type="checkbox"/> H <input checked="" type="checkbox"/> M <input type="checkbox"/> L	_____
Wednesday	<input type="checkbox"/> H <input checked="" type="checkbox"/> M <input type="checkbox"/> L	_____
Thursday	<input type="checkbox"/> H <input checked="" type="checkbox"/> M <input type="checkbox"/> L	_____
Friday	<input type="checkbox"/> H <input checked="" type="checkbox"/> M <input type="checkbox"/> L	_____
Saturday	<input type="checkbox"/> H <input checked="" type="checkbox"/> M <input type="checkbox"/> L	_____
Sunday	<input type="checkbox"/> H <input checked="" type="checkbox"/> M <input type="checkbox"/> L	_____

Weekly reflection:

What pattern did I notice this week?

Anchor Setting Sheet

What grounds me — gently, every day

Anchors are not tasks. They are gentle touchpoints that help your day feel oriented.

WHAT MAKES A GOOD ANCHOR?

- Small and repeatable
- Doesn't require high energy
- Creates a sense of safety or orientation

1

Anchor 1

My anchor: _____

When I'll do it: _____

Why it grounds me: _____

2

Anchor 2

My anchor: _____

When I'll do it: _____

Why it grounds me: _____

3

Anchor 3

My anchor: _____

When I'll do it: _____

Why it grounds me: _____

Remember: anchors are forgiving. Missing one doesn't break the system.

Weekly Soft Structure Map

Plan by energy — not by the clock

This is not a schedule. It's a flexible map. Fill in lightly — allow it to shift.

HIGH
































































Deep work · Creative tasks

MEDIUM

Admin · Communication

LOW

Rest · Recovery · Gentle tasks

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	  	  	  	  	  	  	  
Afternoon	  	  	  	  	  	  	  
Evening	  	  	  	  	  	  	  

My anchors this week: _____

Notes / adjustments this week:

Micro-Momentum Checklist

The smallest action that keeps you connected

On low-energy days, you don't need to do everything. You only need to stay connected.

EXAMPLES TO INSPIRE YOU

- Open my planner and read one thing
- Set a 5-minute timer and begin
- Read one supportive note or affirmation
- Look at my anchors for the day
- Write one sentence about how I'm feeling
- Check my energy and choose one task
- Drink a glass of water and breathe
- Rest — intentionally and without guilt

MY PERSONAL MICRO-MOMENTUM LIST

Write your own smallest actions below. Return to this list on hard days.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

Soft Reset Card

Pause. Orient. Reconnect.

For the days when everything feels heavier. This is not about catching up.
It is about returning safely.

1

PAUSE

No fixing. No explaining. No judgement.

Take three slow breaths. You are not in trouble.

There is space to breathe.

What I notice: _____

2

ORIENT

Gently notice what is present.

What is your energy right now?

What are you feeling in your body?

What I notice: _____

3

RECONNECT

Choose one low-demand action.

Open your planner · Read a supportive note

Rest intentionally · Check in with yourself

What I notice: _____

**"You are allowed to drift.
You are always allowed to return — softly."**

Each time you reset without punishment, you build trust.

Trust — not discipline — is what makes systems last.