

DAILY

Plan by energy

Match tasks to the energy you actually have, not the energy you wish you had.

DATE _____

ENERGY RIGHT NOW

1 2 3 4 5



High energy

Hard, focused or new things



Medium energy

Routine tasks, errands, replies



Low energy

Easy tasks you can do sitting down



No energy

Rest counts. So does a shower.

→ Start in the box that matches how you feel right now.

DAILY

Bare minimum day

The floor, not the ceiling. For sick days, sad days and too-much days.

DATE _____



The one thing that must happen

LOOKING AFTER ME (NON-NEGOTIABLE)

- | | |
|---|--|
| ☐ Water | ☐ Something to eat |
| ☐ Medication, if I take any | ☐ Rest |
| ☐ Fresh air, or an open window | ☐ One kind thing for myself |

IF I HAVE ROOM

- ☐ _____
- ☐ _____
- ☐ _____

Today, the minimum is enough. And that is okay.

How I want to feel tonight:

BRAIN DUMP

Brain dump in boxes

Drop each thought into a box as it comes.

DATE _____



To do



To remember



Worries



Ideas



To buy



Waiting on

My Dopamine Menu

Write 3 things in each section. That is enough to start.

STARTERS

2 to 5 minutes, a quick lift

SIDES

go with a boring task

MAINS

30 minutes or more, refills you

DESSERTS

small portions, set it first

SPECIALS

for finishing something hard
