Energy-Matched Task Menu

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person has a lower-energy day.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Match tasks to available energy and identify what can be postponed or shared.

3. Which task is essential today?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.