

Planning Around My Available Energy

Sleep stress and daily rhythms | Adults | 10 to 15 minutes

Adjust daily demands to current capacity while protecting essential needs and support.

Energy can vary with sleep, health, stress, treatment, and responsibilities. Plan from the capacity you have today rather than the capacity you wish you had. This exercise helps you choose priorities and identify where help or a different expectation is needed.

Choose essentials and flexibility

List a few demands for the day. Identify what truly needs attention, what can be smaller, and what can wait or be shared. Include basic needs and recovery time in the plan. Do not assume that caring for yourself must happen after every other task.

Create a lower energy version

For an important task, choose a smaller useful step. A full cleanup might become clearing one safe walkway; a long phone call might become requesting an appointment online. If your energy changes, use the smaller plan and review what additional support is needed.

My current capacity and the demands that matter today are

What is essential, what can shrink, and what can wait or be shared?

A lower energy version of one important task is

A practical support or accommodation I could request is