

Low-Energy and “Just Get Through Today” Days



- What does “getting through today” realistically mean for me right now?



- Which part of today feels most difficult, and can I make that part smaller?



- What basic need might be getting overlooked because I have so little energy?



- What is one task I can make easier, postpone, simplify, or ask someone else to help with?



- What would make the next hour feel slightly more manageable?



- What am I expecting myself to accomplish today that my current energy may not support?



- What is one thing I have managed to do recently despite feeling this way?

