

Minimum Viable Day

A planning sheet for depleted days. Use it when the honest plan needs to be smaller, kinder, and more survivable.

Use this when the normal plan is fantasy and everything costs more than it should. The goal is not a productive day. The goal is a survivable, honest day.

How to use it

- Fill this out before making a full list.
 - Protect one recovery action before adding optional work.
 - If a task does not fit today's fuel, it moves.
-

Today's real capacity

- Low
- Very low
- Bare minimum only

Must happen

1. _____
2. _____
3. _____

Can wait

- _____
- _____
- _____

One thing that protects the ember

- Food
- Water
- Medication
- Shower
- Lie down
- Quiet time
- Ask for help

Choose one and schedule it: _____

Permission line

Today is not a test of character. Today I am building the smallest day that does not burn me further.