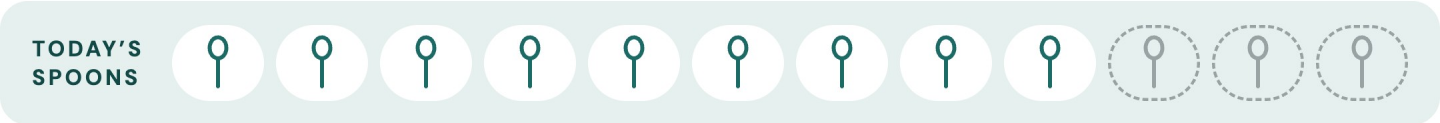
Budgeting your *spoons.*

WHERE IT COMES FROM

In 2003, writer Christine Miserandino explained life with chronic illness by handing a friend a bunch of spoons. Each spoon stood for a bit of energy. Every task — getting dressed, cooking, a phone call — cost one or more. When the spoons ran out, the day was done.

Many disabled and neurodivergent people now use spoons to talk about energy. It gives us a simple, shared way to say, **"I don't have the spoons for that today."**



The number is just an example. Your count can change from day to day — and a rough night or a hard week can start you with fewer.

THE DAILY LEDGER

What costs, what refills

Everyone's costs differ. What drains one person can refill another. Cross out and rewrite freely.

COSTS SPOONS	COST	GIVES SPOONS BACK	REFILL
A loud, bright store	●●●	Quiet time alone	●●
A phone call	●●	Time with a special interest	●●
Masking at work or school	●●●	Stimming freely	●
A surprise change of plans	●●	A nap or real rest	●●
Showering and getting dressed	●	A safe, easy meal	●
Cooking a meal	●●	A walk or gentle movement	●
A party or big group	●●●●	Low-demand time with a safe person	●●

⚠ Borrowing from tomorrow

Out of spoons but still pushing? You can often borrow from tomorrow — but the loan comes due. Many people describe waking up with fewer spoons, or needing days to recover. Borrow on purpose, not by accident, and plan a softer day after.

YOUR TURN

My weekly spoon planner

Sketch the week on Sunday, then adjust as you go.
A rough guess is plenty.

	MON	TUE	WED	THU	FRI	SAT	SUN
Spoons I have starting count							
Big costs what, and how many							
Refills planned rest, joy, recovery							
Leftover or borrowed							

My typical starting spoons: _____ **My early warning sign:** _____

MAKE IT LAST

Budgeting tips

1
Keep a reserve
Leave two spoons unspent for surprises.

2
Spread big costs
Try not to stack two heavy days in a row.

3
Find cheaper versions
Pickup instead of the store. Text instead of a call.

4
Book refills first
Put rest on the calendar like any other plan.

5
Say it plainly
"I'm low on spoons" is a full sentence.

Spoon theory: Christine Miserandino (2003).

For education and community support, not diagnosis. For personal guidance, reach out to a neurodivergent-affirming professional.