A DAY THAT *fits my brain.*

Why this helps: a rhythm built around your energy bends on hard days instead of breaking. It's a loose shape for the day, not a strict timetable.

How to use it: jot what usually happens in each part of your day, then shade the circles for how much energy you tend to have.

MY DAY, IN BLOCKS

Energy: shade 1–3

Example — *Morning: slow coffee, one easy task.* ●●○

Wake

WAKE-UP
first hour

_____ ○○○
_____

MORNING
getting going

_____ ○○○
_____

MIDDAY
food & reset

_____ ○○○
_____

AFTERNOON
the long middle

_____ ○○○
_____

EVENING
home stretch

_____ ○○○
_____

WIND-DOWN
before sleep

_____ ○○○
_____

Sleep

ANCHORS

3 non-negotiables I want every day

1 _____

2 _____

3 _____

ENERGY PEAKS

best time for hard tasks (circle)

early · late morning · afternoon · evening · late night

_____

BUILT-IN BREAKS

when I'll pause, what refills me

_____

PLAN B FOR A LOW-ENERGY DAY

I'll keep _____

I'll drop _____

Comfort _____

MAKE IT VISIBLE ☐ Phone alarm ☐ Sticky note ☐ Visual schedule ☐ Body double ☐ Whiteboard

REFLECT *What's one part of my day that already works?*

_____

_____