ADORABELLAPIXEL / MINDFUL MONDAY

Daily Battery Check

Choose the description that fits right now. You can change your mind.



Date

Starting battery

Later battery

Low 0-30% | Medium 31-70% | High 71-100% | Variable | Unsure

What would support me today?

One main quest, if I want one

A smaller version or optional side quest

Comfort quest or a break I want to protect

A little victory or something I noticed

Battery ranges are personal metaphors. There is no score to reach.

Daily Spoon Check

Use your own energy estimates. Print a fresh copy whenever you need one.



Date	Starting spoons (estimate)	Reserve, if possible

Planned or optional activity	Estimate	What it felt like

What could I shorten, move, or ask for help with?

What changed by the end of the day?

Spoons are estimates and can change. A reserve is optional, especially on hard days.

Spoon Theory by Christine Miserandino. See source credits on page 4.

My Quest Menu

Keep a few ideas handy so you have fewer decisions to make on a hard day.



Think one small act of care, one page, or a pause.

Low battery

Think one surface, a short creative session, or one game quest.

Medium battery

Think bigger projects in steps, with room to stop.

High battery

People, tools, or reminders that can make a quest easier

Weekly Quest Review

A quiet place to notice patterns and plan for support.



Week of

	Battery	Spoons	A note about the day
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

What helped, or what could I change next week?

Questions I want to bring to a trusted person or clinician

Educational planning tool. Follow individualized guidance for your care.

Read Christine Miserandino’s Spoon Theory

Planning inspiration: Juno’s Spoon Diary