

A Plan for a Bad Week

Decide now what a low-energy week looks like, so you are not deciding while sunk.

WHEN TO USE THIS

Fill this in on a steadier day. Read it when the week goes sideways.

The three things that stay, no matter how bad the week gets.

Sleep, food, one person, medicine, showing up somewhere.

1. _____
2. _____
3. _____

Three things that get dropped without guilt during a week like that.

1. _____
2. _____
3. _____

How will you know a bad week has started?

Dishes pile up, phone goes unanswered, sleeping through the day.

Who do you tell, and what do you want them to do?

A bad week handled on purpose is different from a bad week that just happens to you.