

Shower, Food, and Moving

Keep the basics from slipping when everything takes more effort than it should.

WHEN TO USE THIS

Use this for a few days when looking after yourself has gotten hard.

Tick what you managed today. No score, no grade.

- ☐ Got out of bed
- ☐ Drank water
- ☐ Ate something
- ☐ Washed up or showered
- ☐ Changed clothes
- ☐ Went outside
- ☐ Moved my body a little
- ☐ Slept at a normal time

Which one of those is hardest for you right now?

What would make that one easier tomorrow?

Sitting in the shower. Food that needs no cooking.

Pick one to aim for tomorrow. Only one.

These are not small things when you are running on empty. Ticking one box is real.