

CAPACITY INVENTORY

STATUS: PRE-PLANNING // ENERGY AUDIT WORKSHEET

DATE: []
TIME: []

REALISM PREVENTS SHAME. MATCH THE PLAN TO THE BATTERY, NOT THE BATTERY TO THE PLAN.

01 // HARDWARE CHECK (BODY)

SLEEP DEBT

- UNDER 6 HOURS
- BROKEN SLEEP
- WOKE UP EXHAUSTED

PAIN & MEDS

- HIGH PAIN TODAY
- MEDS WEARING OFF
- HORMONAL SHIFT

SENSORY LOAD

- NOISE / LIGHT SENSITIVITY
- CLOTHING DISCOMFORT
- OVERSTIMULATED

02 // SOFTWARE CHECK (MIND)

OPEN LOOPS

Unfinished tasks stealing RAM.

EMOTIONAL DRAG

Conflict, RSD, waiting mode.

DECISION FATIGUE

- COOKED (NO DECISIONS)
- MEDIUM (ROUTINE ONLY)
- OKAY (CAN DECIDE)

03 // REALITY SCORE (PICK ONE ZONE)

SPRINT (80-100%)

- 1 scary task allowed
- Deep work block

MAINT (40-79%)

- Routine + Admin
- 1 medium thing max

SURVIVAL (0-39%)

- Cut list by 70%
- No big decisions

MY BATTERY TODAY IS [___ %] CONSTRAINT: _____

04 // PLAN BUILDER (TASK QUEUE)

MUST DO (0-3 ITEMS)

Keep it tiny.

SHOULD DO

Only if battery allows.

COULD DO (BONUS)

Not required today.

NON-NEGOTIABLE RECOVERY BLOCK:

PRUNING RULES

- RED: DELETE NON-URGENT
- YELLOW: NO NEW PROJECTS
- GREEN: ADD 1 STRETCH GOAL

EXIT CONDITION (IF I HIT THE WALL)

WHEN I NOTICE: _____
I WILL DO: _____