12 Low Energy Day Routine Checklist

Lower the bar, not your effort. Each version takes 2 to 20 minutes.

- [ ] Move for 30 seconds before deciding anything
- [ ] Do the smallest physical version of the first step
- [ ] Stand up before you touch your phone
- [ ] Set one 2 minute timer for one task only
- [ ] Time the bare minimum with a visible timer
- [ ] Keep a bare minimum list separate from the full routine
- [ ] Build in a restart point (skip step 2, jump to step 4)
- [ ] Prep only the 1 step most likely to get skipped
- [ ] Write down the 1 thing that did get done
- [ ] Skip the evening review if it turns into a guilt session
- [ ] Say the small win out loud, or write it down
- [ ] Let tomorrow start from zero

You’re not behind. You’re just differently wired.