My low-energy week

ISAK VIDINGHOFF

Week of _____ My baseline _____ h a day, on _____ days

Baseline: the hours you can still manage on a bad day. Theme: one kind of work for the day (optional). Space reset: put your desk or room back the way you like it.

☐ Full week ☐ Minimum week (see page 2)

	Theme	Most important task	Baseline hit	Space reset
Mon			☐	☐
Tue			☐	☐
Wed			☐	☐
Thu			☐	☐
Fri			☐	☐
Sat			☐	☐
Sun			☐	☐

Projects this week (three at most)

Waiting for

Not-to-do this week

Rest on the calendar

Tiny pillars, one tick a day

Move ☐☐☐☐☐☐☐

Sleep ☐☐☐☐☐☐☐

Food ☐☐☐☐☐☐☐

Play ☐☐☐☐☐☐☐

Friday: what worked, what broke, what I'll change

The ideas on these pages come from Isak Vidinghoff's free book, After the Crash. Print a fresh copy at isakvidinghoff.com/printables/low-energy-week/

Friday reset in 15 minutes

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Use it any Friday. After a week when it all fell apart, do these and nothing else.

- [ ] Put your desk back the way you like it before you sit down
- [ ] Two-minute brain dump below, or as a voice note if writing is too much
- [ ] Pick one most important task for the whole week, not one a day
- [ ] Lower next week's baseline if this week's was too much. That's adjusting, not failing
- [ ] Put one rest block on the calendar
- [ ] Everything else waits until next Friday

Brain dump: everything on your mind

Then sort it

Do it now (under two minutes)	Waiting for	Later

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