Spoon Budget Planner

Spoons stand for energy. Everything you do costs some, and you start each day with a limited number. This idea comes from the spoon theory, created by Christine Miserandino. Plan around your spoons and you're less likely to run out halfway through.

Day	Spoons: me	Spoons: them	Must do	Rest and recharge
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

How to use it

1. Pick a number of spoons for each day. Be honest, not heroic.
2. Give each task a cost and write it in "Must do."
3. Always plan rest. It isn't a reward; it's how you get to the next day.
4. If a day goes over budget, move something. The plan serves you.

Notes for the week