

When You Have the Gift, But Not the Energy

LOW-CAPACITY DAY PLAN FOR CREATIVES

On low-capacity days, I can still protect my purpose by:

- Doing one small task
 - Communicating early
 - Resting without guilt
 - Asking for help
 - Rescheduling with integrity
 - Choosing maintenance over momentum
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JOURNAL PROMPT

"What does enough look like today?"

"What can I release today so I can return to myself?"

"What would feel like care today, not performance?"

REMINDER: Low-capacity days need a plan, not shame.

