

YOUR ENERGY BUDGET

A practical sheet for deciding what must happen, what can wait, and what someone else can carry

Why this sheet exists

Cancer fatigue is not ordinary tiredness. Treatment, medication, pain, poor sleep, worry, work, and appointments can all draw from the same limited supply.

This is not a productivity tool. It is permission to stop treating every task as equally urgent.

What is using energy today?

- Treatment or appointments
- Medication effects
- Work
- Travel
- Messages and updates
- Other people's emotions
- Pain or symptoms
- Poor sleep
- Family care
- Admin
- Worry
- Trying to look fine

My energy today feels

- Very low
- Low
- Unsteady
- Manageable
- Better than expected

Three decisions

Must happen today	Can wait	Can be given to someone else

The true cost of a task

A task is not only the minutes it takes. It may also include getting ready, travelling, concentrating, recovering, and losing energy for everything afterwards.

Task	Before	During	After	Still worth today?

What protects energy?

- Cancel one thing
- Work from home
- Use one update message
- Rest before I crash
- Move something to tomorrow
- Ask for a lift
- Shorten a visit
- Order food
- Say no without explaining
- Let someone else handle admin

A sentence I can use

I do not have the energy for that today. I need to leave it, shorten it, or ask someone else to help.

Plan for tomorrow without borrowing from today

The one thing that matters most

The earliest point I can rest

What I can prepare tonight

What I will not promise

Who I can ask for help

What can still wait

The day after a busy day

A good day can cost the next one. That does not mean you failed or did too much. It means recovery also needs a place in the plan.

What I will keep lighter afterwards

One final reminder

Rest is not what happens after everything important is done. Sometimes rest is the important thing.

**Sometimes just being there, exactly as you are, is all the strength available.
And it still counts.**

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