

## Tracking Your Spoons

**Instructions:** Below, list the activities you do in a typical day. Next to each activity, estimate how many "spoons" it uses (i.e., how much energy it requires).

Activity	Energy (Spoons Used)
Example: Getting out of bed	2 spoons

## Reflection on Energy Drainers and Conservers

**Which activities deplete your energy the most? (List at least two):**

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Which activities help you conserve or replenish energy? (List at least two):

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## Setting Boundaries for Self-Care

**Scenario:** Imagine that you have only 5 spoons left for the day, but you still have three tasks to do: clean the house, reply to emails, and make dinner. How will you prioritize these tasks?

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## Advocating for Yourself Using Spoon Theory

**Role-Play Activity:** Imagine you need to explain to a friend or family member why you can't attend an event because you're out of spoons. Write a brief script below on how you might explain this using Spoon theory.

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### **Self-Compassion and Spoon Management**

**How can you show yourself kindness when you run out of spoons? Write down two things you can do to practice self-compassion:**

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## **Spoon Theory Action Plan**

**Create an action plan using Spoon Theory to better manage your energy in the upcoming week.**

**What is one area where you will apply Spoon Theory this week?**

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**How will you remind yourself to check in on your spoons each day?**

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**One thing you will prioritize when you are low on spoons:**

**Remember:** It's okay to run out of spoons sometimes. Managing your energy is a journey, not a race. Celebrate every small victory, and be kind to yourself along the way.

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