Brain Battery Daily Reflection

A simple space to notice your energy, plan support, and choose one achievable next step. Use your own words; there is no score and no right answer.

Date: _____

1. NOTICE

How does my energy feel today?

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2. PLAN

Which task, conversation, or environment may take the most energy?

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3. MAKE ROOM

What break, quieter setting, or practical support would I like to plan?

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4. CHOOSE

What is one achievable step I want to take today?

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5. REFLECT

What helped, what felt demanding, and what might I change tomorrow?

This is a personal reflection exercise, not a medical assessment. Use your healthcare team's individualized guidance for recovery decisions. Bring questions or useful observations to your support team.