How to use your Energy Menu

Your energy is like a wallet. You only have so much each day.
This menu helps you spend it on things that actually fit.

1 **Fill it in once**
Write 2 or 3 things in each box. Look at my example on page 2 first. Stuck? Borrow ideas from the Idea Bank on page 3.

2 **Plan tomorrow tonight**
Put appointments and must-dos on your calendar first. That stuff is already happening.

3 **Check your energy**
Look at tomorrow and be honest. Circle High, Medium, Low, or Rest on your Daily Energy Check.

4 **Pick 1 or 2 things**
Go to that column only. Pick from it, fit it around your schedule, and you're done.

What each column means

HIGH	You feel ready for something big.
MEDIUM	You can focus for a little while.
LOW	You're tired but want a small win.
REST	Refill your cup. Rest counts too.

WHAT'S IN YOUR PACK

1 How to use
2 My example
3 Idea Bank
4 Your blank menu
5 Daily Energy Check
6 Holiday menu
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8 What's next

Keep it fresh: During your weekly reset, cross off anything stale and add one new idea per row. Make a new menu when the season changes.

My Energy Menu EXAMPLE

Here's mine, so you can see how it works. Your list will look different, and that's the point.

	HIGH	MEDIUM	LOW	REST
Business	☐ Film YouTube ☐ Batch 3 reels ☐ Record course	☐ Write blog post ☐ Draft emails ☐ Edit a reel	☐ Brain dump ideas ☐ Outline a video ☐ Canva edits	☐ Read a biz book ☐ Listen to a podcast ☐ Daydream ideas
Health & Fitness	☐ Barre class ☐ Strength / lift ☐ 20 min run	☐ Yoga ☐ Bike ride ☐ Meal prep	☐ Stretch ☐ Short walk ☐ Refill water	☐ Nap ☐ Legs up the wall ☐ Early bedtime
Family & Home	☐ Deep clean kitchen ☐ Declutter a closet ☐ Plan a family outing	☐ Tidy living room ☐ Organize office ☐ Organize kids' room	☐ Fold laundry ☐ Wipe counters ☐ Prep snacks	☐ Family movie night ☐ Cuddle time ☐ Chat over dinner
Creativity & Learning	☐ Design a new page ☐ Film a journal video ☐	☐ Scrapbook ☐ Paint my nails ☐ Practice piano	☐ Stickers in planner ☐ Doodle or journal ☐ Read 20 pages	☐ Watch a show ☐ Listen to music ☐ Cozy scroll
Fun & Lifestyle	☐ Beach day ☐ Hiking ☐ Bake something	☐ Coffee shop work ☐ Plan a trip ☐ Run to Target	☐ Cozy reading ☐ Play a game ☐ Organize makeup	☐ Comfort rewatch ☐ Sit outside ☐ Call a friend
Self-Care	☐ Long walk ☐ Deep clean my room ☐ Declutter a drawer	☐ Journaling ☐ Gratitude list ☐ Light skincare	☐ Bubble bath ☐ 5 min meditation ☐ Face mask	☐ Tea and quiet ☐ Phone off early ☐ Early night

Low energy days still count. Pick one small thing and call it a win.

Energy Menu Idea Bank

Stuck on what to write? Borrow any of these. Circle the ones that fit your life and copy them onto your menu.

	HIGH	MEDIUM	LOW	REST
Business	• Film or record content • Launch something new • Batch a week of work • Big planning session • Pitch a brand or client	• Write a blog post or email • Edit a video • Answer client emails • Update your website • Plan next week's posts	• Brain dump ideas • Outline one thing • Reply to 3 messages • Save ideas to notes • Quick design edit	• Read a business book • Listen to a podcast • Daydream big goals • Watch a free class • Close the laptop early
Health & Fitness	• Strength workout • Run or HIIT • Long hike • New workout class • Big grocery haul	• Yoga • Bike ride • Meal prep • 30 min walk • Swim	• Stretch for 5 min • Short walk outside • Refill your water • Take your vitamins • Dance to one song	• Nap • Legs up the wall • Early bedtime • Slow breathing • Sit in the sun
Family & Home	• Deep clean a room • Declutter a closet • Plan a family outing • Big laundry day • Host family or friends	• Tidy one room • Organize a drawer • Grocery run • Cook a real dinner • Kids' room reset	• Fold one load • Wipe the counters • Run the dishwasher • 10 min family tidy • Prep tomorrow's snacks	• Family movie night • Read with the kids • Order takeout • Cuddle on the couch • Chat over dinner
Creativity & Learning	• Start a big project • Take a class • Film a creative video • Deep journal session • Try a new hobby	• Scrapbook • Practice an instrument • Paint or draw • Decorate a planner page • Learn from a video	• Doodle • Add planner stickers • Read 10 pages • Make a playlist • Save inspiration	• Watch a comfort show • Listen to music • Browse ideas • Look at old photos • Cozy audiobook
Fun & Lifestyle	• Beach or lake day • Day trip • Hike somewhere new • Bake something big • Go to an event	• Coffee shop date • Plan a trip • Run errands with a treat • Picnic at the park • Game night	• Cozy reading • Play a game • Try a new snack • Call a friend • Organize something fun	• Rewatch a favorite • Sit outside • Puzzle on the couch • Bath and a book • Do nothing on purpose
Self-Care	• Long walk alone • Deep clean your space • Full reset day • Try a new class • Big closet clean-out	• Journal • Gratitude list • Skincare routine • Paint your nails • Solo coffee date	• Bubble bath • 5 min meditation • Face mask • Tea break • Light a candle	• Phone off early • Say no to one thing • Early night • Quiet time • Ask for help

Tip: make your Low column so small you could do it on your worst day.

My Energy Menu

Fill it in once. Then pick from the column that matches your energy today.

Season _____

	HIGH	MEDIUM	LOW	REST
Business	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Health & Fitness	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Family & Home	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Creativity & Learning	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Fun & Lifestyle	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Self-Care	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐

Low energy days still count. Pick one small thing and call it a win.

Daily Energy Check

Each night, circle tomorrow's energy and write the 1 or 2 things you picked. Check the box when you do it.

Week of _____

DAY	MY ENERGY	WHAT I PICKED	DID IT
Mon	HIGH MED LOW REST	I picked:	☐
Tue	HIGH MED LOW REST	I picked:	☐
Wed	HIGH MED LOW REST	I picked:	☐
Thu	HIGH MED LOW REST	I picked:	☐
Fri	HIGH MED LOW REST	I picked:	☐
Sat	HIGH MED LOW REST	I picked:	☐
Sun	HIGH MED LOW REST	I picked:	☐

What gave me energy this week?

What drained it?

Something is always better than nothing.

Holiday Energy Menu DECEMBER

December gets busy. Pick from the column that matches your energy, and let the rest wait.

	HIGH	MEDIUM	LOW	REST
Gifts & Shopping	☐ Big shopping trip ☐ Wrap all the gifts ☐ Mail packages	☐ Order gifts online ☐ Make a gift list ☐ Buy teacher gifts	☐ Wrap 3 gifts ☐ Check off the list ☐ Find gift receipts	☐ Browse gift ideas ☐ Pin wish lists ☐ Online cart, no buying
Food & Baking	☐ Cookie baking day ☐ Host a dinner ☐ Make treat boxes	☐ Bake one batch ☐ Holiday meal plan ☐ Grocery run	☐ Hot cocoa bar ☐ Easy slow cooker meal ☐ Order takeout	☐ Cookies from a box ☐ Leftovers night ☐ Let someone else cook
Home & Decor	☐ Put up the tree ☐ Deep clean for guests ☐ Outdoor lights	☐ Decorate one room ☐ Set up guest room ☐ Swap in holiday towels	☐ Light a candle ☐ Put out one decoration ☐ Quick tidy	☐ Sit by the tree ☐ Twinkle lights only ☐ Leave it for tomorrow
Traditions & Family	☐ Holiday light drive ☐ Gingerbread houses ☐ Visit family	☐ Make ornaments ☐ Write holiday cards ☐ Elf on the shelf setup	☐ Holiday movie ☐ Read a holiday book ☐ Hot cocoa with kids	☐ Pajama day ☐ Cuddle and a movie ☐ Look at old photos
Business	☐ Film holiday content ☐ Batch December reels ☐ Plan January launch	☐ Write year-end email ☐ Schedule posts ☐ Answer DMs	☐ Brain dump 2027 ideas ☐ Save trend ideas ☐ Quick Canva edit	☐ Read a biz book ☐ Daydream for 2027 ☐ Close the laptop
Self-Care	☐ Holiday workout ☐ Long walk with music ☐ Declutter a drawer	☐ Journal my year ☐ Gratitude list ☐ Paint my nails	☐ Bubble bath ☐ Face mask ☐ 5 min stretch	☐ Nap ☐ Phone off early ☐ Say no to one thing

You don't have to do every tradition. Pick the ones that feel good this year.

Summer Energy Menu SUMMER

The kids are home and every day looks different. Pick what fits the energy you've got.

	HIGH	MEDIUM	LOW	REST
Kids & Family	☐ Water balloon fight ☐ Backyard camp out ☐ Lemonade stand	☐ Craft project ☐ Bake with kids ☐ Library trip	☐ Board games ☐ Sidewalk chalk ☐ Popsicles on the porch	☐ Movie afternoon ☐ Audiobook together ☐ Quiet reading time
Outings & Fun	☐ Beach day ☐ Zoo or museum ☐ Day trip	☐ Park playdate ☐ Splash pad ☐ Farmers market	☐ Drive-thru treat ☐ Backyard picnic ☐ Sprinkler time	☐ Pool float day ☐ Pizza and a movie ☐ Stay in pajamas
Home	☐ Declutter the garage ☐ Clean out kids' rooms ☐ Swap seasonal clothes	☐ Grocery run ☐ Meal prep snacks ☐ Laundry catch-up	☐ Kids' 10 min tidy ☐ Wipe counters ☐ Start the dishwasher	☐ Paper plates night ☐ Let it be messy ☐ Order groceries
Business	☐ Film during camp hours ☐ Batch a week of reels ☐ Record a lesson	☐ Write emails ☐ Edit a video ☐ Plan next week's posts	☐ Reply to comments ☐ Brain dump ideas ☐ Quick story post	☐ Read a biz book ☐ Listen to a podcast ☐ Take the day off
Health	☐ Morning run ☐ Hike with kids ☐ Strength workout	☐ Bike ride ☐ Swim laps ☐ Yoga	☐ Walk around the block ☐ Stretch ☐ Refill water	☐ Nap ☐ Legs up the wall ☐ Early bedtime
Self-Care	☐ Solo coffee date ☐ Long walk alone ☐ Get my nails done	☐ Journal outside ☐ Read in the sun ☐ Try a new recipe	☐ Iced coffee break ☐ Face mask ☐ Lie in the shade	☐ Sit outside ☐ Phone off early ☐ Early night

A slow summer day still counts. Pick one small thing and call it a win.

WHAT'S NEXT

Want more systems like this one?

The Energy Menu is one small system. Inside The Planning Lab, I share all the ones I use to run my home, my planner, and my business, so you can copy them and make them yours.

INSIDE THE LAB

- ✓ Step-by-step courses, like the Productive Game Plan
- ✓ My planning templates and printables, including the Planning Hub
- ✓ The 4-Part System Setup Pages and the Route It card
- ✓ Members-only freebies in the shop
- ✓ New systems added as I make them

Join at lab.wendaful.com →

$7 a month

"Something is always better than nothing."

Wenda, Wendaful Planning

Share your menu

Post your Energy Menu and tag **@wendafulplanning**. I love seeing how you make it yours.

More printables

Find planners, workbooks, and home systems at **shop.wendaful.com**

Questions? Email **hello@wendaful.com**

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