

# Making Choices as a Spoonie

Today you have 15 spoons



You wake up after sleeping badly. You can:

- a. Get up immediately and start your day ( - 3    )
- b. Hit the snooze button for 1 hour. ( +  )



You're at work and your body is aching after a bad night. You can:

- a. Stay until 5pm so that work doesn't pile up. ( - 5      )
- b. Ask your boss if you can leave early and work from home ( - 3    )



You leave work and remember there's no food at home. You can:

- a. Stop by the shops and do grocery shopping ( - 2   )
- b. Order some food for delivery ( + 1  )



You're now realise you haven't walked the dog in 2 days. You can:

- a. Go for a walk around the block ( - 3    )
- b. Throw his ball from bed ( - 1  )



You're lying in bed feeling exhausted and a friend that you miss calls you. You can:

- a. Answer the call and have a proper catch up ( - 2   )
- b. Decline the call and send a message saying you're not feeling well and will call tomorrow ( - 1  )



You want to unwind before you sleep as the pain is terrible. You can:

- a. Read your book or watch some Netflix ( - 1  )
- b. Do some colouring / knitting / alternative hobby ( - 2   )

## The Discerning You

### The results



#### One or more spoons left

You were able to reserve your spoons today – awesome! When this happens it's usually by luck and some choice. It's worth appreciating these days when they come.



#### No spoons left

If you're sitting at a sweet zero – victory! Life gets hard so if you were able to do anything and not lose more energy than you have – you successfully kept the day balanced.



#### Less than zero spoons left

You may have had to do more today to fulfil your responsibilities or embraced a busy moment. Either way, it's okay. But if you feel you used your spoons recklessly then that's also okay – you'll learn to pull back in time. Be kind to yourself.