

Tier One: Good Day!

Take medicine.

Shower.

Put on clean clothes.

Brush teeth.

Do restorative activities.

Optional:

Socialize online or with housemates.

Tier Two: Can you sit up and stay awake? Great Day!

Write 300+ words.

Manage blog

Manage social media.

Choose one or more:

Read fiction.

Read nonfiction.

Watch a course.

Read sex blogs.

Create art.

Tier Three: Can you walk around the house without pain? Fantastic Day!

Take care of the cat.

Put away clean dishes.

Take out the trash and recycling.

Pick up around the bedroom and office.

Tier Four: Do you have the energy to leave the house? Amazing Day!

Ask Miss Vanessa what errands need to be done.

Optional:

Leave the house to socialize.

Attend an event.