

# Kind, Short, Firm Motivation Scripts for Low Energy Days

A printable workbook that helps you design friendly micro steps. Use it to create one minute scripts that are kind to your limits and clear enough to run on repeat. Keep this by your kettle, your desk, or your night stand.

## How to use this workbook

Pick a page and fill it during a quiet minute. Write in simple language so the sentences sound like you. Each script names a cue and one micro action that finishes in under a minute. Stop on purpose when you reach the end of the minute. Praise the completion. Repeat when ready.

*Reminder. You do not have to power through every task today. This workbook helps you take one clear step. If energy is very low, start with two minutes of gentle breath. Then try again with a smaller step.*

## Morning start

Choose one sentence that gets you from bed to the first small action. Keep it gentle and clear.

<input type="checkbox"/>	I sit up once and place both feet on the floor. I breathe out slowly and stand.
<input type="checkbox"/>	
<input type="checkbox"/>	I click the lamp and let light reach my eyes while I count to ten. Then I drink water.
<input type="checkbox"/>	
<input type="checkbox"/>	If alarm then sit. If sitting then stand. If standing then stretch both arms for three quiet breaths.
<input type="checkbox"/>	
<input type="checkbox"/>	I am safe to wake slowly. I take six soft steps to the door and decide the next move.
<input type="checkbox"/>	

## Begin work

Plan a start that fits inside a single minute. The cue does the remembering.

	At the top of the hour I open the file and type today date in the first line.
	I set a timer for six minutes and work on one tiny part. When it rings I stop on purpose.
	I reply to one message with two honest lines then I rest my eyes for a short moment.
	I steady my body first. Feet on floor, jaw soft, three long exhales. Then I begin.

## Movement for circulation

Light movement can restore energy. Choose tiny moments that are easy to repeat.

	One song walk. Shoes on and out the door before the chorus.
	If outside is not possible I march in place by the sink until the song ends.
	At half past the hour I stand and move for two minutes. Walking, swaying, gentle reach.
	Counter calf raises. Ten slow rises while I hold the counter then a brief pause.

## Decisions and overwhelm

Shrink the choice and let a sequence carry you.

	One thing that matters today is written here. I do one action that moves it forward.
	First I open the calendar. Next I move the meeting I cannot manage. Then I send a short note.
	I choose the smallest reversible step. Draft in a note first, read once, decide later.
	If I lose the thread I start the tiny sequence again. Calendar then move then update.

## Compassion that moves you

Use a friendly tone that still asks for one clear action.

	I see how much I am carrying and I am proud to be here. When this song ends I stand and refill my glass.
	Today is heavy and I still choose one respectful action. I will wash the cup and rest with purpose.
	I will not leave future me alone. I am here for one minute to send the invite.
	If I feel stuck I breathe for two minutes with longer exhales then try a smaller step.

## Strategic rest

Rest can be a wise action. Name the purpose and the follow up.

	I set a timer for twenty five minutes and lie down. When I wake I drink water and find daylight for a short moment.
	This rest is a refuel stop so I can make one small decision later today.
	If I do not sleep I still count this as recovery and I praise myself for taking care.

## Care tasks

Care by corners and gentle definitions.

	I clear one corner into a small bin and stop when it is full.
	I brush when the kettle clicks. I notice the mint and the warm mug in my hand.
	Clean means clear enough to breathe. I wipe the counter for one minute and I am done.

## Social energy

Keep your word while honoring bandwidth.

	I send a message that says energy is low and I will follow up tomorrow before noon.
	I send one sentence voice note to someone safe. If that is too much I send a heart and a sky photo.

## Creative spark

Switch from judging to generating.

	Three minute free write of lines that can be messy. I keep one seed line and place it on a new page.
	I close my eyes and picture the next scene with senses. I open my eyes and write five nouns I saw.

## Evening routine

Kind and firm evening cues protect rest.

	At ten I place my phone far from the bed, wash my face, and dim the lamp.
	If I drift I notice it and place the phone away again. I breathe three slow exhales and praise the correction.

## One minute FIM builder

Write your own friendly script using the three steps. Feel, Identify, Move.

Feel. Name three sensations now.

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Identify. Choose one micro action you will finish in one minute.

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Cue. Write the exact moment that will trigger the action.

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Move. Describe how it will look and feel.

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## Three S rule template

Use this page to design scripts that are small, sensory, and scheduled.

Script 1 Small

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Sensory details

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Scheduled cue

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Script 2 Small

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Sensory details

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Scheduled cue

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Script 3 Small

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Sensory details

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Scheduled cue

---

Script 4 Small

---

Sensory details

---

Scheduled cue

---

Script 5 Small

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Sensory details

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Scheduled cue

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Script 6 Small

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Sensory details

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Scheduled cue

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## Weekly reflection

Log wins, revise one script, and pick a cue for the next week.

Three scripts that worked

Why they worked

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One script to revise

Your improved version

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Cue to test next week

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