

TOOLKIT · VERSION 1

Energy Tracking Journal

Notice the patterns. Spend the spoons. Plan the recovery.

How to use this toolkit

Skim once, then choose one practice to try this week. Toolkits are living documents — mark them up, share them with your team, and revisit as your needs evolve.

Overview

Energy is a finite, renewable resource — and for many neurodivergent people, it doesn't spend evenly. Tracking it surfaces patterns no calendar will.

Why it matters

The Spoon Theory and chronic-illness literature give us language for what many neurodivergent adults already know: capacity varies, masking taxes, recovery is non-negotiable.

Research summary

Self-monitoring (ecological momentary assessment) improves self-regulation and reduces burnout markers across populations (Trull & Ebner-Priemer, 2013).

Practical strategies

Daily check-in

- Morning, midday, evening: rate energy 1–10.
- Note the biggest drain and the biggest restore.

Weekly pattern review

- Which day was hardest? What preceded it?
- Which restore actions actually worked?

Protect recovery

- Schedule recovery before you need it.
- Treat rest as a deliverable, not a reward.

Ready-to-use scripts & worksheets

Daily template

AM: energy ___/10 — note: _____

PM: energy ___/10 — note: _____

Eve: energy ___/10 — note: _____

Biggest drain: _____ **Biggest restore:** _____

Recommended lessons & next steps

- Toolkit: Burnout Recovery — /toolbox
- AI Companion — /companion

Selected references & further reading

- Trull TJ, Ebner-Priemer U. Ambulatory assessment. *Annu Rev Clin Psychol.* 2013.
- Miserandino C. *The Spoon Theory.* 2003.

Ask the AI Companion

Visit understandingneurodiversity.org/companion to ask follow-up questions about **Energy Tracking Journal**. The Companion will recommend lessons, conditions, and research tailored to your role.