



My Energy Floor Worksheet

Pre-decide each habit now, so tired-you never has to think.

For each habit, fill in three versions. The **two-minute floor** is the one that matters most: the smallest version you could do half asleep. On empty days you hit the floor instead of skipping, and the streak lives.

THE HABIT (MY SEED)	GOOD DAY	SO-SO DAY	TWO-MINUTE FLOOR

Keep it where you will see it. Tape it by the coffee maker, on the fridge, or inside a notebook. The plan only works if tired-you can find it without thinking.

Hit the floor, keep the streak. That still counts.

Seeding Serendipity · seedingserendipity.com/how-to-be-consistent-when-tired