



Low Energy Despite Success Framework

Low energy isn't always a sign you're doing too much.
Sometimes it's the result of carrying too much mental friction for too long.

Create Clear Endings

Write tomorrow's priorities before finishing work
so your mind does not rehearse them overnight.

Reduce Decision Carryover

Simplify recurring choices to preserve cognitive energy.

Externalise Mental Load

Capture thoughts outside your head instead of holding them internally.

Allow True Idle Time

Spend short periods without input, planning, or optimisation.
