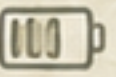




Social Battery Log



Today's Energy 





Why I Need Alone Time 





Must-Reply List 



Things That Can Wait 





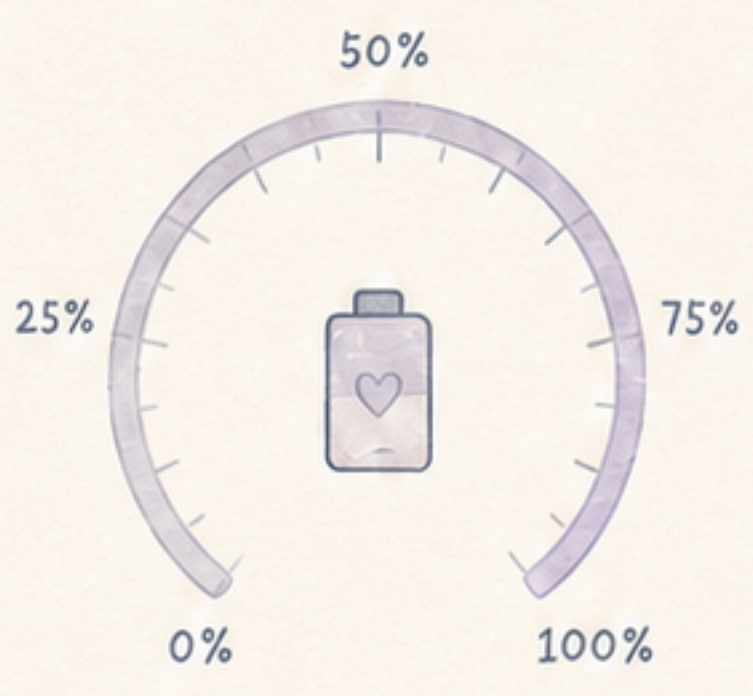


Social Battery Log

Caring for myself gives me energy for others.



⚡ Today's Energy ⚡



Current Energy: %

How I Feel Today:

Handwritten notes area for 'How I Feel Today:' with a star icon at the bottom right.

Why I Need Alone Time

- _____
- _____
- _____
- _____
- _____
- _____



✉ Must-Reply List

Item	Notes
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



🕒 Things That Can Wait

- _____
- _____
- _____
- _____
- _____
- _____



🎵 Gentle Reminder

Your worth isn't measured by your social battery. ♥

