

My Minimum Viable Day

FOR LOW-ENERGY DAYS · SMALL STEPS · GOOD ENOUGH

Essential self-care, connection, movement and one meaningful thing

Some days, a full to-do list is out of reach. A minimum viable day is a short, realistic plan for the few things that help you stay steady when energy, mood or time are low. **It is a floor, not a ceiling:** if you manage more, that is a bonus, not the expectation.

Small is the point

Done beats perfect

Plan it on a better day

01 My four essentials

Choose the smallest version that still counts



Essential self-care

The basics that keep my body going

Eat something

Drink water

Medication as prescribed

Wash my face

Get dressed

MY MINIMUM

IF I HAVE A LITTLE MORE



Connection

One small point of contact with someone

Send a text

Reply to one message

A short call

Sit with someone

Time with a pet

MY MINIMUM

IF I HAVE A LITTLE MORE



Movement

Any gentle movement counts

Stretch for a minute

Step outside

Walk to the corner

Put on a song and move

MY MINIMUM

IF I HAVE A LITTLE MORE



One meaningful thing

Something that matters to me, however small

Five minutes of a hobby

Tidy one surface

Read a page

Help someone

MY MINIMUM

IF I HAVE A LITTLE MORE

02 This week

Tick what you managed. Any tick counts.

MY ESSENTIALS	MON	TUE	WED	THU	FRI	SAT	SUN
Essential self-care	☐	☐	☐	☐	☐	☐	☐
Connection	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
One meaningful thing	☐	☐	☐	☐	☐	☐	☐
Energy today (0–10)							

03 Making it easier

Set yourself up on a better day

Things that make my minimum easier

e.g. water by the bed, clothes laid out, a reminder on my phone

When I think “it’s not enough”, I can remember...

A kinder, more realistic thing to say to myself

When a minimum day isn’t enough

If most days have felt like minimum days for a couple of weeks, or basic care is becoming hard to manage, consider speaking with your psychologist or GP.

What the research suggests: research on behavioural activation suggests that planning small, achievable activities, particularly ones that feel pleasant or meaningful, can support mood in depression (Cuijpers et al., 2007; Dimidjian et al., 2011). The “minimum viable day” itself is an informal idea rather than a tested treatment; this page adapts it as a reflective planning tool.

SOURCES

Cuijpers, P., van Straten, A., & Warmerdam, L. (2007). Behavioral activation treatments of depression: A meta-analysis. *Clinical Psychology Review*, 27(3), 318–326.

Dimidjian, S., Barrera, M., Jr., Martell, C., Muñoz, R. F., & Lewinsohn, P. M. (2011). The origins and current status of behavioral activation treatments for depression. *Annual Review of Clinical Psychology*, 7, 1–38.