

Bare Minimum Days

Overview

Grief can drain energy, focus, and motivation in ways that are hard to explain. This sheet gives you permission to stop pushing and redefine what “enough” looks like on days when grief feels heavy.

Bare minimum days are not failures—they are part of caring for yourself through loss.

Bare Minimum Days: *Permission Sheet*

On days when grief feels heavy, foggy, or overwhelming, you have permission to:

- Do only what is necessary to get through the day
- Lower your expectations of yourself
- Cancel or postpone non-essential plans
- Rest without explaining or justifying it
- Eat simply, imperfectly, or not at all—and try again later
- Let dishes, emails, and to-do lists wait
- Say “not today” without guilt
- Cry, feel nothing, or feel everything
- Ask for help—or choose solitude
- Take things one hour at a time

You do not need to:

- Be productive
- Be positive
- Be grateful

- Be strong for others
- Have insight, clarity, or answers

Surviving the day counts.

Showing up imperfectly counts.

Resting is allowed.

Tomorrow can be different—but today is allowed to be exactly what it is.