

The “I Can’t Even” Checklist

For days when brushing your teeth deserves a round of applause

- Drink water (yes, even if it's coffee-adjacent)
- Open a window — let the air and existential dread circulate
- Stand up and stretch weirdly (bonus points for dramatic groaning)
- Put one item back where it belongs
- Write down 3 things in your head just to get them out
- Respond to one message, even if it's just “still alive”
- Set a 5-minute timer and do literally anything
- Change clothes, even if it's just into different pajamas
- Make a “done list” instead of a to-do list
- Breathe. That counts.

Print it. Stick it on your fridge, monitor, or forehead.

Pick one thing. Celebrate it like you won a tiny Olympic medal.

That's it. No shame. No “shoulds.” Just one thing at a time.