

Outing Planning & Capacity Check-In

A capacity-based check for outings and high-demand moments.

Quick Capacity Check

Today I'm feeling: Energized Steady Managing Depleted

Bandwidth for the unexpected: High Medium Low None

Solo parenting today? Yes No

The Proposed Outing

Duration:

Preparation time needed:

Sensory demand: Low Medium High

Transition points:

Ask Yourself

- Is this exposure meaningful or pressure?
- Can I scaffold this to support both of us?
- What would make this feel doable instead of draining?

Decision Check

GO

- I have energy reserves
- Timing feels right
- I can handle changes

MODIFY

- Shorten the outing
- Reduce stimulation
- Bring supports
- Plan an easier exit

NOT TODAY

- I'm already at capacity
- Too many unknowns
- My nervous system says no



Mindmental

You are not failing.
You are strategizing.