

Designing *Your* Life

ENERGY MAP

Understanding the activities that bring you engagement and energy can offer clues to how you might redesign your week for more joy.



INSTRUCTIONS:

Log a week of your activities on the map.

Create a bar chart of your weekly energy-giving and energy-draining activities

Order activities chronologically, Mon – Sun.

Use the bar heights to indicate how much you are energized or drained

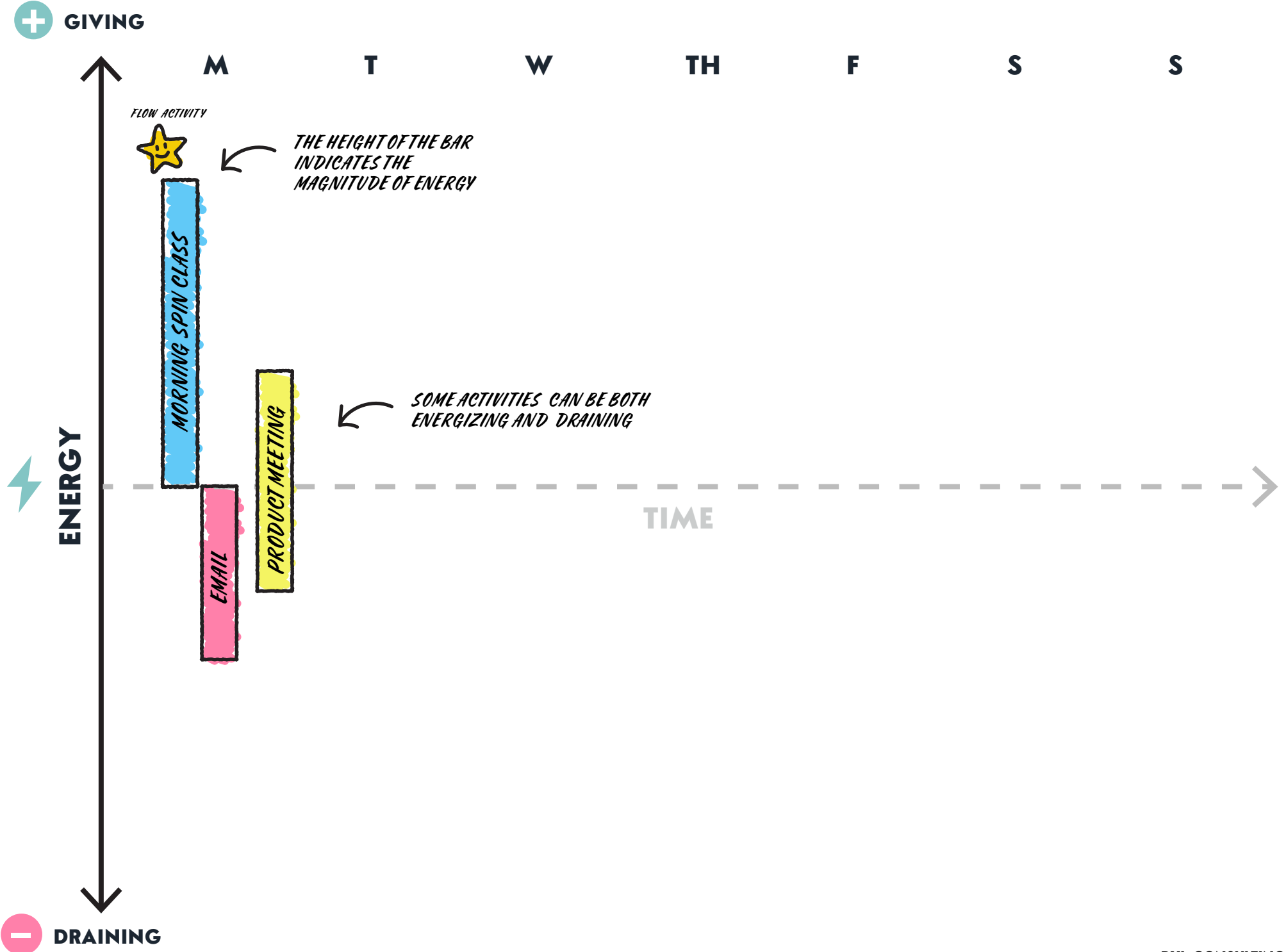
Star any *flow* activities - moments of deep focus and engagement.

REFLECTION AND ACTION:

What patterns did you notice?

What is one, small change you can make next week to improve your energy?

EXAMPLE ENERGY MAP



 **GIVING**

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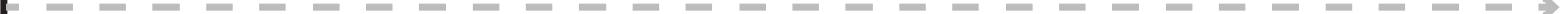
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 **DRAINING**