



Finding Your Energy and Engagement Journal¹

Reframe

Old belief: Work is not supposed to be enjoyable; that's why they call it work.

New Belief: Enjoyment is the guide for finding the right work for me.

There are two parts to this exercise. The first one is to notice which activities, engage you and give you energy? Using this will help you identify where doors are more likely to open with new opportunities.

Use the Daily Activities Log and Chart to identify which activities are engaging and which give you energy.

1. Fill in each activity you do during the day, both weekdays and weekends. You can do this daily or as a reflection on the activities you have done during the past week. (Please make copies of these pages as needed.)

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

¹ Adapted from: Burnett, Bill and Evans, Dave, "Designing Your Life: How to Build a Well-Lived Joyful Life," Alfred Knopf, New York, 2016



Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

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Date _____ Activity: _____

Date _____ Activity: _____

Date _____ Activity: _____

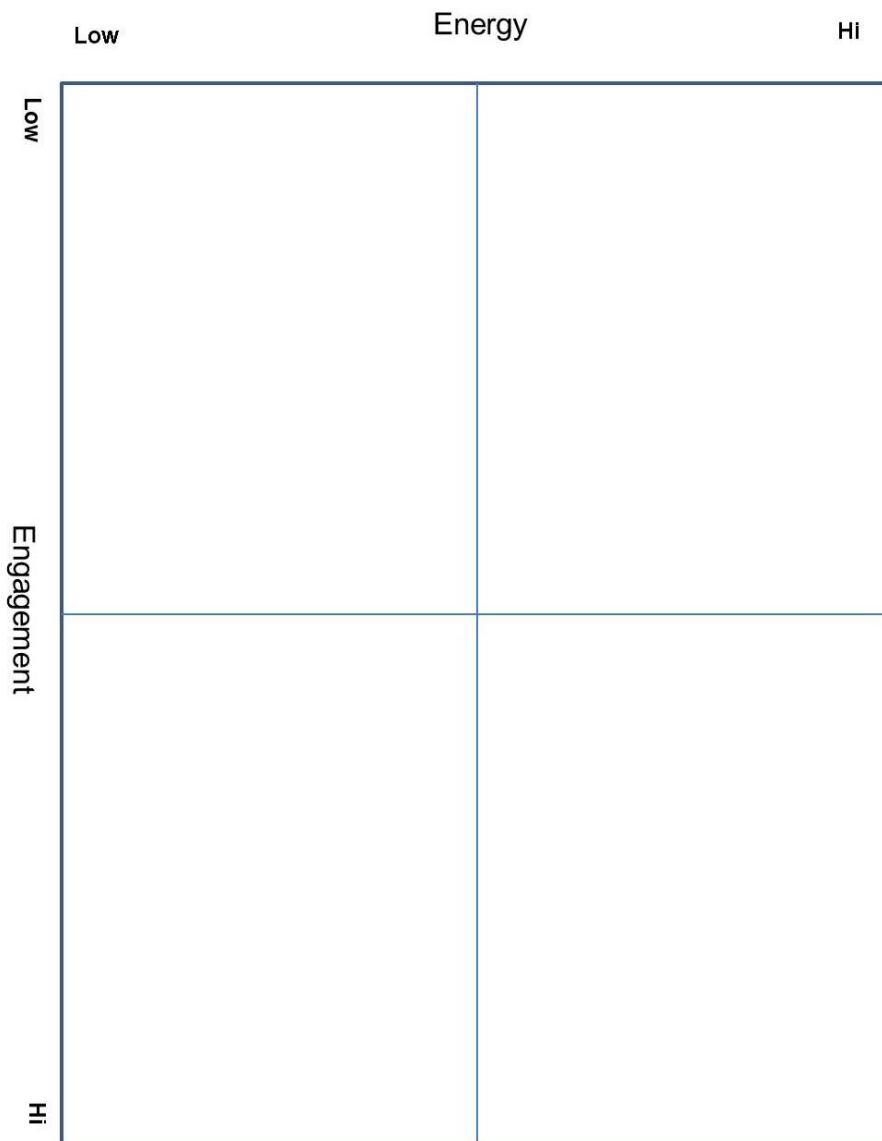
Date _____ Activity: _____

Date _____ Activity: _____



2. Plot each activity on the Energy/Engagement grid. Highlight any activities in which you were in a state of **flow**. (Make as many copies of the chart below as you need.)

“**Flow**, also known as the zone, is the mental **state** of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, **flow** is characterized by complete absorption in what one does.” - Wikipedia



Locate your activities for each day on the grid. Mark any activities in which you were in a state of **flow** in bold.