

Energy Diary

Keep track of your energy levels during the day. Based upon your motivation, focus and energy to work. Use this to see if there are patterns which you spot over time, and then consider designing your day around your energy.

At the most basic, check in a couple of times through the day, and give yourself a score of 1-3 (low to high) energy, and if you have time, also note down what you were doing at the time. Do this for a couple of weeks to spot patterns.

What day is it?

How were you feeling?

What were you doing?

Early-morning

Mid-morning

Late-morning

Lunchtime

Early-afternoon

Mid-afternoon

Late-afternoon

Early-evening

Late-evening

What else is going on?