Personal Energy Mapping

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Map your energy across the day and consider how to schedule different kinds of work.

What this guide covers

- Log activities and perceived energy.
- Identify possible peaks and troughs.
- Plan focused work and recovery around your observations.

Who this is for

For people experimenting with a more sustainable schedule.

Putting the ideas to use

Use a short observation period and adapt the results to your actual responsibilities.

Book details

Format: Guide. Pages: 23. Words: 2964.

Download availability: After payment, download the complete ZIP package or the included PDF separately.