

Energy Mapping Exercise

Noticing the Ebb and Flow of Natural Energy Across a Day

This exercise is designed to help you notice how your energy naturally rises and falls during a typical day. It is not about productivity, optimization, or fixing anything. It is about awareness.

Instructions

1. Choose a typical day, not an especially good or bad one.
2. On a blank chart provided, record how your energy rises and falls during the day.
3. You can register your energy by the hour or every few hours, but it is important to do this tracking in real time so you have the best recall.
4. Add short notes above or below the lines about what you were doing at different points in the day.
5. Do not judge the shape of the graph. You are observing how your natural energy patterns play out when there is no work calendar driving your activities.

Simple Example Sketch

	Sleep	Sleep	Sleep	Sleep	Sleep	Walking and scrolling	Internet & Coffee	Walk dogs, Internet	House Chores, breakfast	House chores	Watch tv	Lunch	Nap, read	Office work	Office	Gym, visit friends	Relax, glass of wine	Dinner	TV	TV	Bed	Sleep	sleep	
High																								
Moderate																								
Low																								
Sleep																								
	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	

Using Your Energy Map

Many people notice that their highest energy moments are often the best times for work that requires the most attention, focus, or presence. This is not a rule, but an observation you can test gently.

If it feels useful, repeat this exercise on two or three different typical days. Notice what stays consistent and what changes. Over time, these maps can reveal rhythms.

