



## Energy Mapping Grid

**PURPOSE:** Track your peak cognitive and emotional energy across a typical week. Match task types to energy rhythms. This practice turns fatigue into feedback and enhances resilience by design.

### INSTRUCTIONS

Use the table below (there is a larger table on the following page for those who value space for more detail).

**Step 1:** Rate each domain from 1 (very low) to 10 (very high). Use the notes section to capture observations.

**Step 2:** Reflect and Adjust:

- When did you feel most energised?
- Which activities drained you or lifted you?
- What changes could help you better align your tasks with your energy peaks?

Day	Time of Day	Physical	Mental	Emotional	Purpose	Notes
Monday	Morning					
	Afternoon					
	Evening					
Tuesday	Morning					
	Afternoon					
	Evening					
Wednesday	Morning					
	Afternoon					
	Evening					
Thursday	Morning					
	Afternoon					
	Evening					
Friday	Morning					
	Afternoon					
	Evening					
Saturday	Morning					
	Afternoon					
	Evening					
Sunday	Morning					
	Afternoon					
	Evening					

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