

ENERGY – ENGAGEMENT MAP

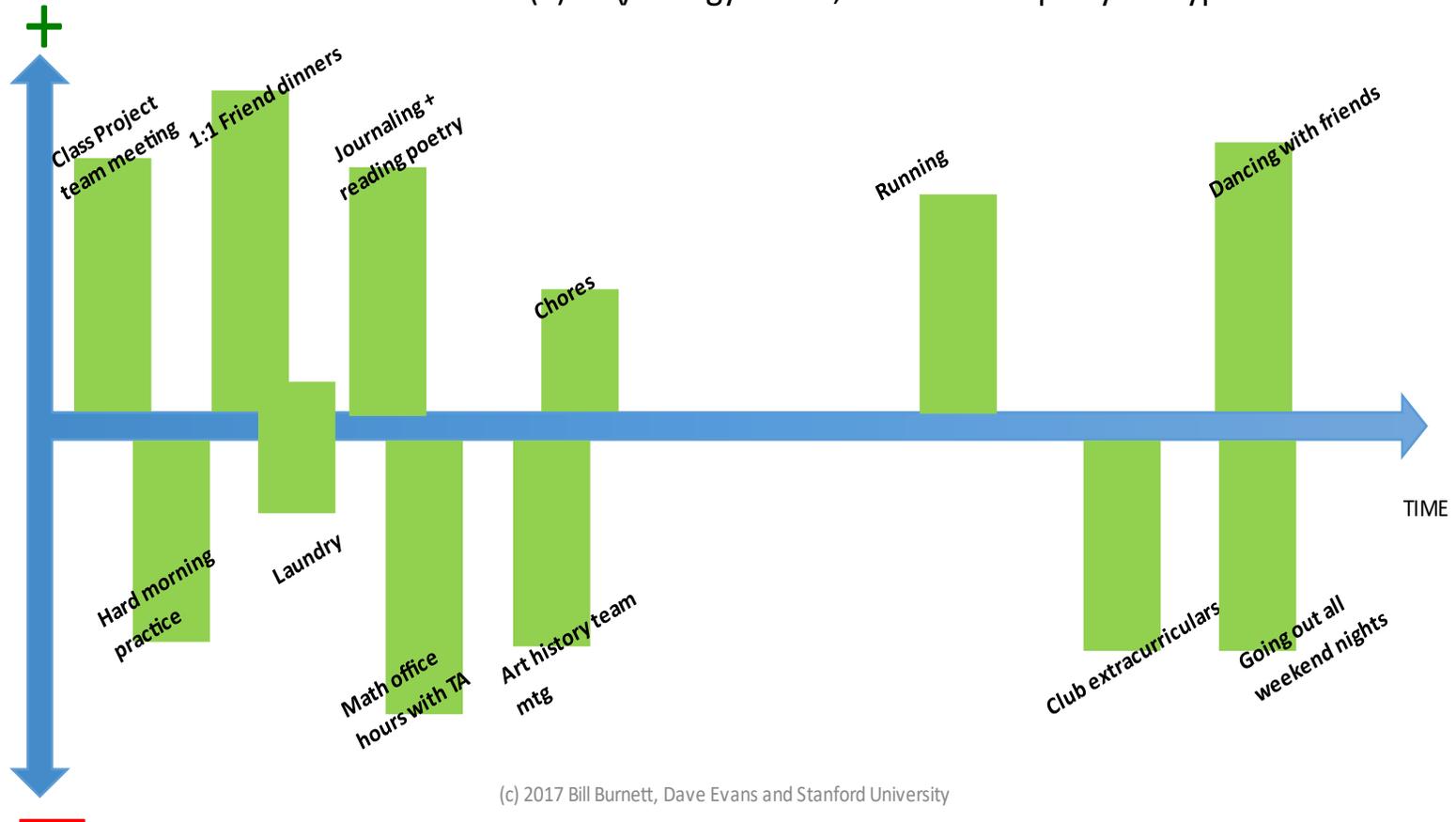
STEP 1: List your top energy giving or draining regular activities/engagements

- Morning swimming practice
- Class Project team meeting
- Math office hours with TAs
- Journaling & Reading Poetry
- 1:1 Dinner with a good friend
- Run at gym or in town
- Clean room or buy groceries
- Laundry
- Club extracurriculars
- Dance parties with friends
- Going out all weekend nights

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STEP 2: Draw a bar of each one's (+) or (-) energy effect, as it shows up in your typical week.



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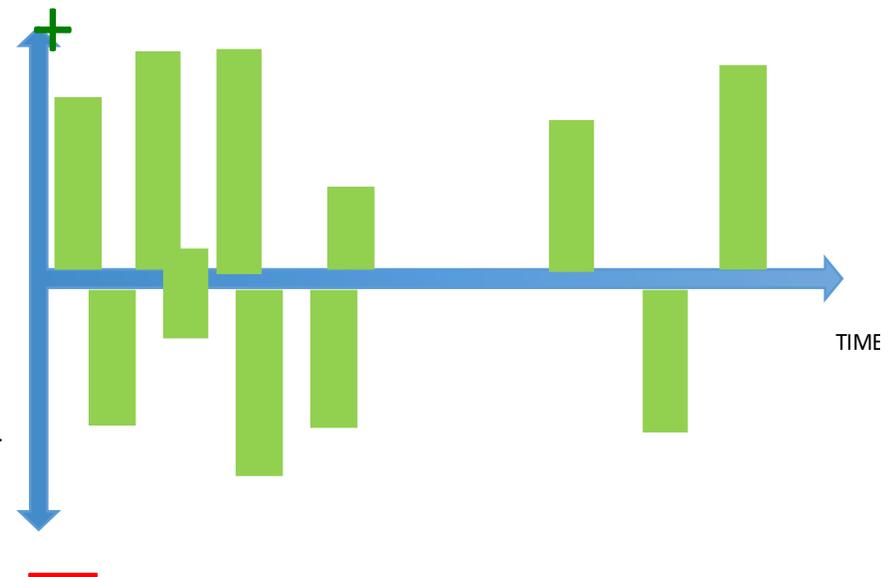
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STEP 3: I NOTICE

- Front-loaded week, such that even energy giving activities can get draining.
- I am drained by hard team meetings and office hours, and they're all at the beginning of the week
- I love easy to organize, reliable friend dinners
- I don't do poetry or journaling that often
- Club meetings always make end of week busy

STEP 4: ACCESSIBLE CHANGES

- Make dinner plans after hard meetings or office hours
- Schedule more consistent poetry and journaling time—maybe at coffee shop in town!
- Try to reschedule office hours



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