



Last Week Review Exercise

The last week review exercise gives you a snapshot of your daily activities and how they specifically impact your energy.

Instructions:

Keep a log of your daily activities for one week, noticing when you are engaged or not engaged. Make note of the activities, environment, who you are interacting with, tools you use, and who else contributes to your experience. Jot reflections at the end of the week.

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY
SUNDAY	OVERALL REFLECTIONS