

# Last Week Review Exercise

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

