

Energy and engagement mapping

Getting things done depends on having enough energy for the task, finding it sufficiently engaging to persevere and finish, and whether it adds to our energy or drains it. This differs greatly between people. It's helpful to reflect on the tasks and activities you regularly or often need (or want) to complete and identify how engaging they are for you and how they affect your energy. This provides insights into which tasks and activities might benefit from support or adjustments to make them easier for you.

Think about what tasks or activities you regularly need to complete or want to include in your life. This is about positive things that bring joy, as well as less enjoyable tasks.

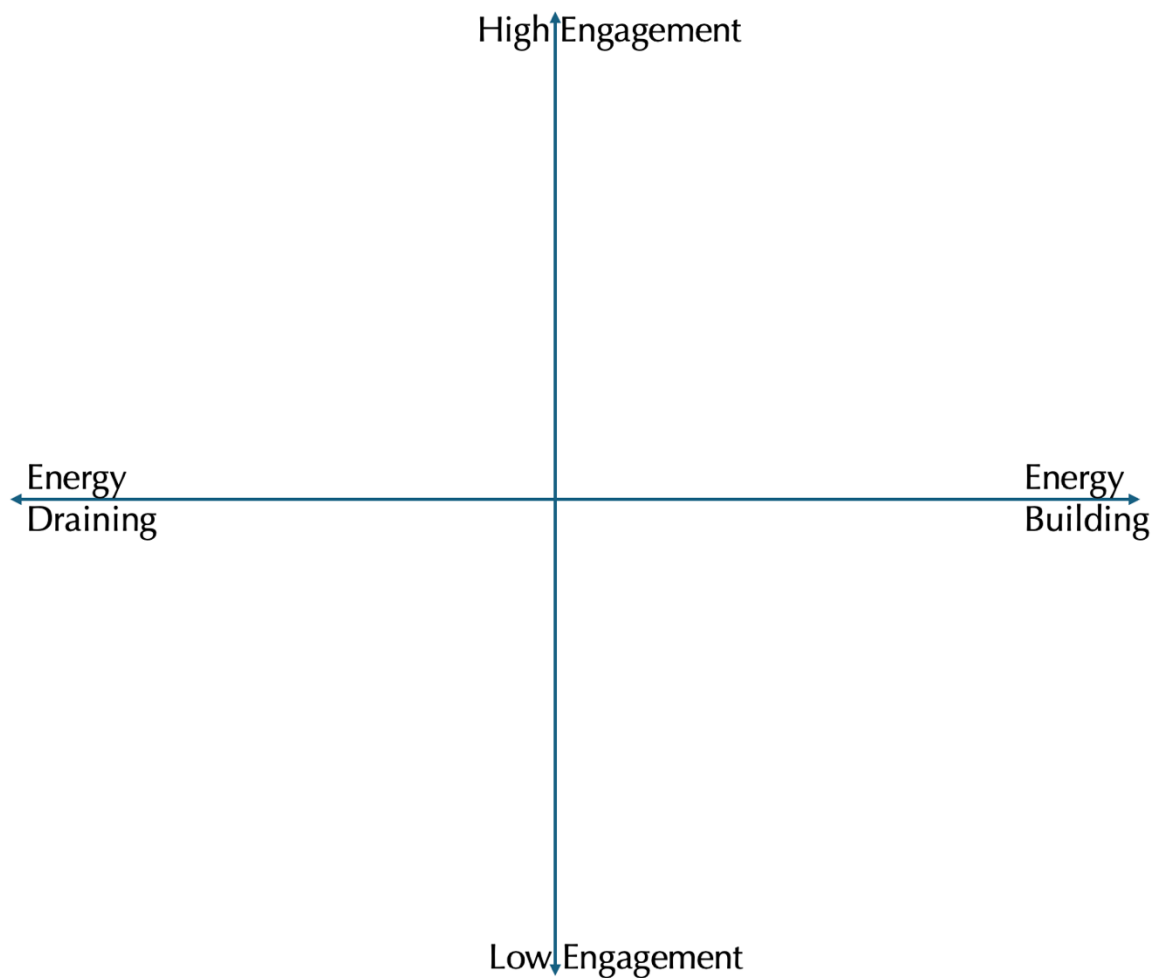
Work tasks	Home/personal tasks	Social life tasks

Plot them on the charts that follow for work, home, and social life. You might find it helpful to annotate what makes them engaging or not, and why some tasks build your energy while others drain it. There is also a blank chart you can use for any other time or specific occasion, for example the different tasks in a larger project.

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Work tasks

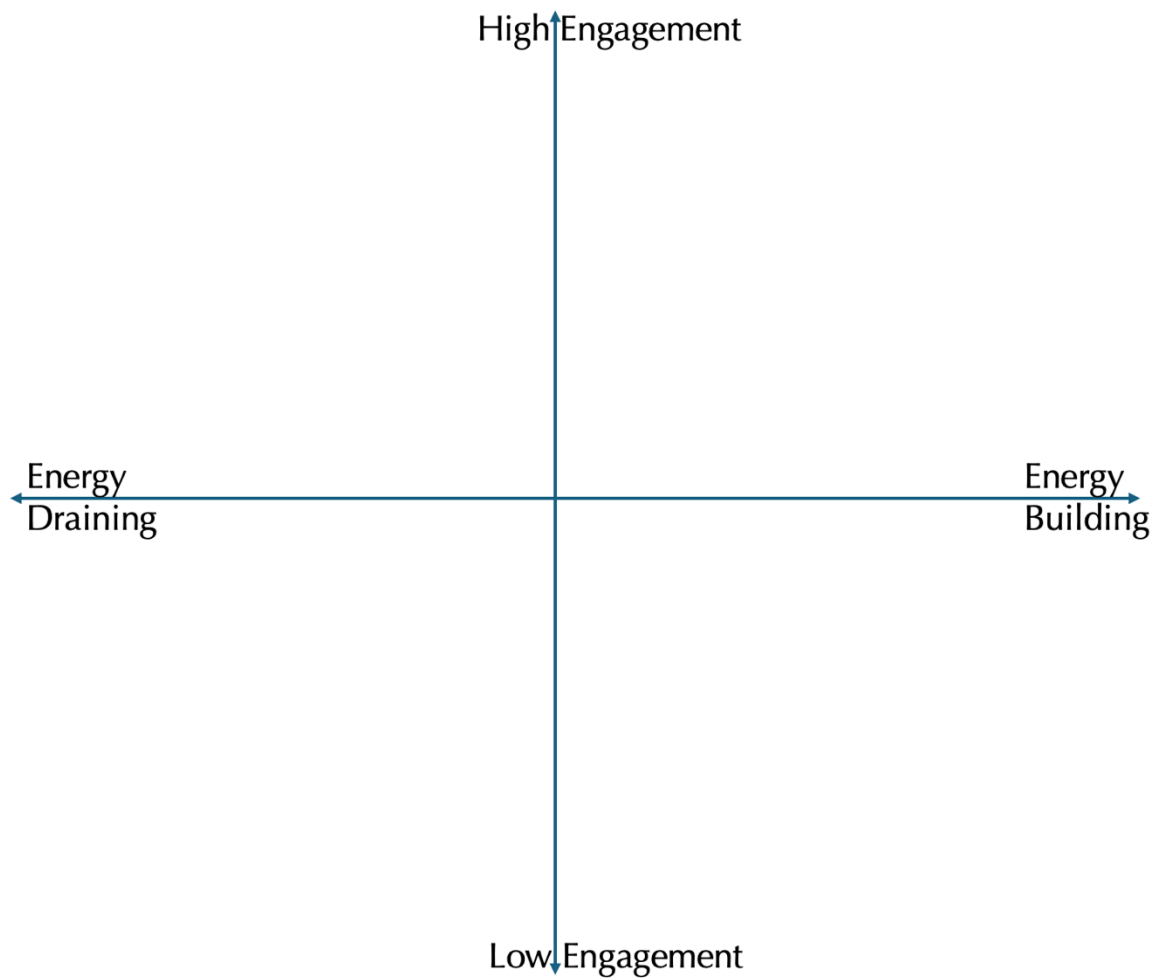


Notes:

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Home and personal tasks

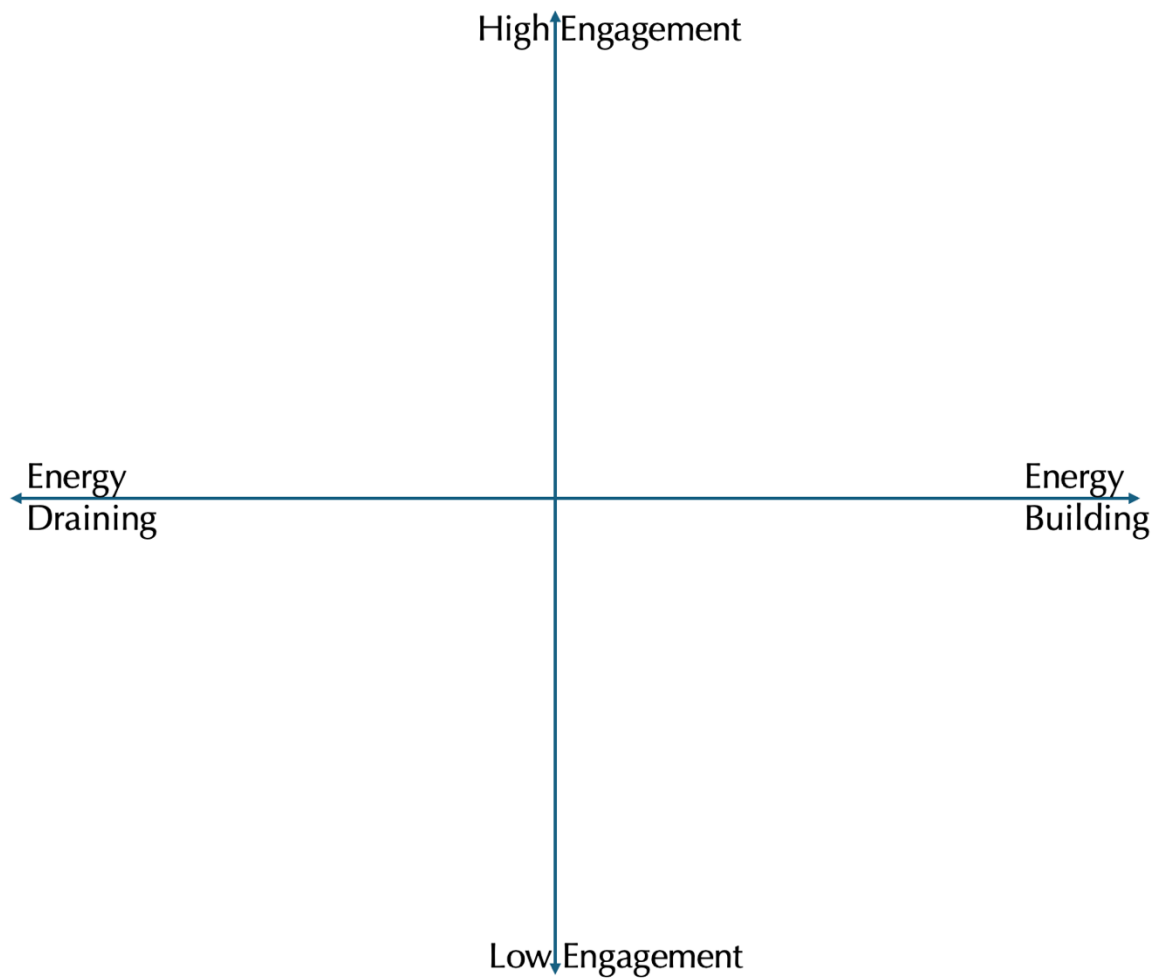


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Social life tasks



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