# Energy and Engagement Log

*Adapted from:* Burnett, B. & Evans, D. (2016)*. Designing your life: How to build a well-lived, joyful life.* New York: Alfred A. Knopf, a division of Penguin Random House LLC.

*"Since there's no one destination in life, you can't put your goal into your GPS and get the turn-by-turn directions for how to get there. What you **can do** is pay attention to the clues in front of you, and make your best way forward with the tools you have at hand. …the first clues are **engagement** and **energy**."* – Bill Burnett & Dave Evans

Use this log as a guide to:
- More clearly identify what **engages and energizes you**
- **Reframe** areas in your life where you feel stuck
- Learn how to design a life that will **motivate you**

Complete a log of your **main daily activities** (such as classes, work, experiential education, campus involvement, or participation in hobbies) on this sheet or in a separate journal of your choice. To make the most of this, try to log at the end of each day – or at least 2 to 3 times a week – for at least 3 to 4 weeks. Note what you are doing during those times, when you are engaged and/or energized and your sense of the meaningfulness of that activity. Use the following scales to record this:

| **Engagement:** Are you feeling excited and focused during the activity? Or are you feeling **disengaged –**bored, restless, or unhappy?<br><br>Rate how engaged you felt during the activity on a scale of 0 (no engagement) to 10 (total engagement). | **Flow:** Does time fly by during this activity? Do you feel fully present? This is when you are **totally engaged** in an activity and the **challenge** of the activity matches up with your **skill.**<br><br>Check the box if you also experienced flow. | **Energy**: Do you feel like you have more energy after doing the activity or was it an energy suck?<br><br>Rate how much energy you lost or gained during the activity on a scale of -10 (lose a lot) to 0 (neutral) to +10 (gain a lot). | **Meaning**: How does this activity align with your values, priorities, or vision for your future? Does it give you purpose?<br><br>Rate how fulfilling or meaningful the activity felt on a scale of 0 (none) to 10 (a lot). |
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At the end of each week, **reflect** on what you see overall in your log. Is anything surprising? Did you notice any themes between activities that were the most energizing, engaging, or meaningful? How does this relate to career possibilities for you? When you reflect, consider these aspects of your activities:

**Activities:** What you're actually doing, how structured/unstructured it is, your role in the activity (team leader or participant?)
**Environments**: What the physical environment or place was and how you felt there

**Interactions**: Whether you interacted with people or objects and whether the interaction was formal or informal, new or more familiar
**Objects**: What kinds of objects or devices were involved that helped you feel engaged
**Users**: What other people were there, their roles, and impact on your experiences
Use this log at the end of each day to jot down your main activities, rating each for levels of engagement, flow, energy, and meaning.

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