
Try Stuff

Good Time Journal

1. Complete a log of your daily activities, using the worksheet provided (or in your own notebook). Note when you are engaged and/or energized and what you are doing during those times. Try to do this daily, or at the very least every few days.
 2. Continue this daily logging for three weeks.
 3. At the end of each week, jot down your reflections—notice which activities are engaging and energizing, and which ones are not.
 4. Are there any surprises in your reflections?
 5. Zoom in and try to get even more specific about what does or does not engage and energize you.
 6. Use the AEIOU method as needed to help you in your reflections.
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