

ENERGY MAPPING



We have different fluctuations of our energy our levels through the day. By mapping when our energy is strong and weak, we can learn to avoid major drops and potentially wasteful highs. We've been told to do things we love when we have high energy, and things we don't like, when we have low energy.

When we have low energy, we naturally have a higher level of resistance and it probably takes us much longer to do the task at hand. And, if we do things we love, only when we have high energy, we do it quicker and don't get to enjoy it for as long.

So, when you do things you love when you have low energy, your whole energy raises up, you increase your energy levels. You see, energy is raised through inspiration. When you do the things you don't like at the times you have high energy you will move through it faster and have way less resistance. Map out your energy levels for a week and see where your high and low energy cycles are and how you can maximize your energy use.

EXAMPLE

H									
M									
L									
	7:00am	9:00am	11:00am	1:00pm	3:00pm	5:00pm	7:00pm	9:00pm	11:00pm

MONDAY

H									
M									
L									
	7:00am	9:00am	11:00am	1:00pm	3:00pm	5:00pm	7:00pm	9:00pm	11:00pm

TUESDAY

H									
M									
L									
	7:00am	9:00am	11:00am	1:00pm	3:00pm	5:00pm	7:00pm	9:00pm	11:00pm

WEDNESDAY

H									
M									
L									
	7:00am	9:00am	11:00am	1:00pm	3:00pm	5:00pm	7:00pm	9:00pm	11:00pm

THURSDAY

H									
M									
L									
	7:00am	9:00am	11:00am	1:00pm	3:00pm	5:00pm	7:00pm	9:00pm	11:00pm

FRIDAY

H									
M									
L									
	7:00am	9:00am	11:00am	1:00pm	3:00pm	5:00pm	7:00pm	9:00pm	11:00pm

SATURDAY

H									
M									
L									
	7:00am	9:00am	11:00am	1:00pm	3:00pm	5:00pm	7:00pm	9:00pm	11:00pm

SUNDAY

H									
M									
L									
	7:00am	9:00am	11:00am	1:00pm	3:00pm	5:00pm	7:00pm	9:00pm	11:00pm