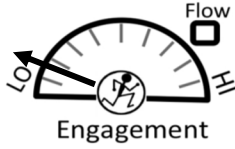
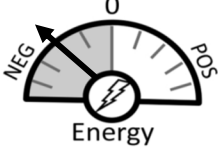
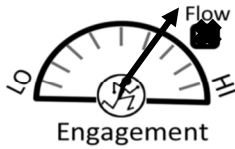
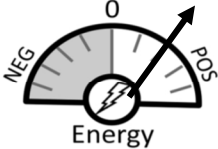
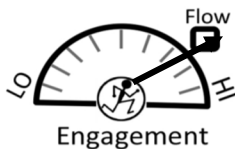
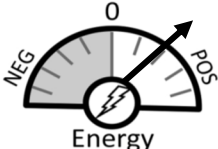
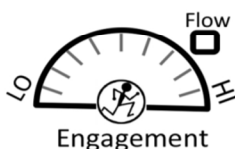
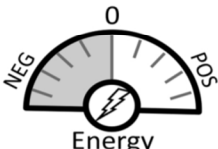
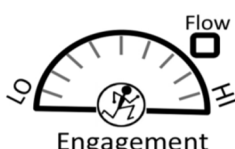
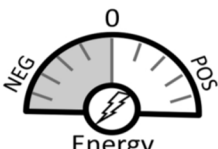
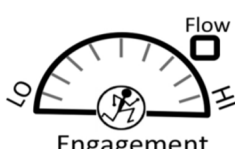
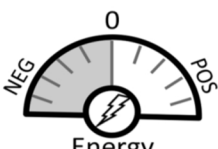
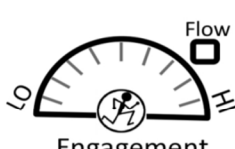
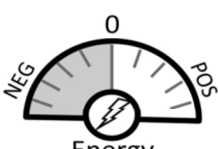

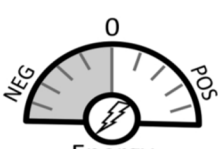

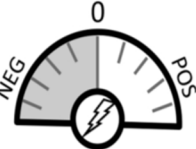
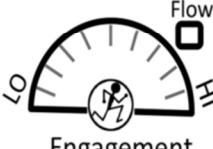
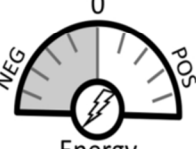



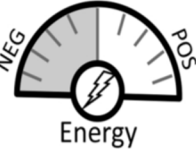



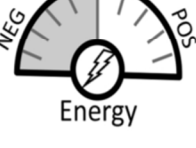

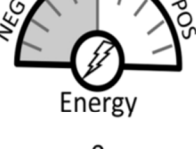




Complete a log of your daily activities- these can be from school, work, and your personal life. As you log the activities, mark your engagement level and energy level for each activity. If both gauges are high, check the flow box. This is when you are 'in the zone'. Being in a state of flow can help you identify opportunities or environments to pursue. This is also a great time to tackle a wicked problem you're facing.

Look for patterns and themes across high engagement/energy and low engagement/energy.

<p>Chemistry class: Taking notes and doing homework.</p>	 <p>Engagement</p>	 <p>Energy</p>
<p>Playing Video games: Being in the "Zone" and winning Fortnite.</p>	 <p>Engagement</p>	 <p>Energy</p>
<p>Working in a law office: getting experience in a field you enjoy.</p>	 <p>Engagement</p>	 <p>Energy</p>
<p></p>	 <p>Engagement</p>	 <p>Energy</p>
<p></p>	 <p>Engagement</p>	 <p>Energy</p>
<p></p>	 <p>Engagement</p>	 <p>Energy</p>
<p></p>	 <p>Engagement</p>	 <p>Energy</p>
<p></p>	 <p>Engagement</p>	 <p>Energy</p>

		
	Engagement	Energy
		
	Engagement	Energy
		
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