Daily Map

Day / date: _____

01 **FROM–TO / DURATION** _____ **ACTIVITY** _____

WHAT THE BLOCK LEFT YOU WITH _____ **ENERGY** ☐ - ☐ 0 ☐ +

ATTENTION _____

INTENT / WHAT DROVE ME _____

MOTIVATION ☐ C ☐ S ☐ A **KEEP FEEDING THIS DIRECTION?** ☐ yes ☐ no ☐ ?

02 **FROM–TO / DURATION** _____ **ACTIVITY** _____

WHAT THE BLOCK LEFT YOU WITH _____ **ENERGY** ☐ - ☐ 0 ☐ +

ATTENTION _____

INTENT / WHAT DROVE ME _____

MOTIVATION ☐ C ☐ S ☐ A **KEEP FEEDING THIS DIRECTION?** ☐ yes ☐ no ☐ ?

03 **FROM–TO / DURATION** _____ **ACTIVITY** _____

WHAT THE BLOCK LEFT YOU WITH _____ **ENERGY** ☐ - ☐ 0 ☐ +

ATTENTION _____

INTENT / WHAT DROVE ME _____

MOTIVATION ☐ C ☐ S ☐ A **KEEP FEEDING THIS DIRECTION?** ☐ yes ☐ no ☐ ?

Energy: − more drained · 0 same · + more refreshed · ? not sure
Motivation: C conscious · S secondhand · A automatic
Keep feeding: yes / no / ? not sure

Have this blank spread ready for each of the seven days;
the two pages belong together.

Daily Map

Day / date: _____

04 **FROM–TO / DURATION** _____ **ACTIVITY** _____

WHAT THE BLOCK LEFT YOU WITH _____ **ENERGY** ☐ - ☐ 0 ☐ +

ATTENTION _____

INTENT / WHAT DROVE ME _____

MOTIVATION ☐ C ☐ S ☐ A **KEEP FEEDING THIS DIRECTION?** ☐ yes ☐ no ☐ ?

05 **FROM–TO / DURATION** _____ **ACTIVITY** _____

WHAT THE BLOCK LEFT YOU WITH _____ **ENERGY** ☐ - ☐ 0 ☐ +

ATTENTION _____

INTENT / WHAT DROVE ME _____

MOTIVATION ☐ C ☐ S ☐ A **KEEP FEEDING THIS DIRECTION?** ☐ yes ☐ no ☐ ?

06 **FROM–TO / DURATION** _____ **ACTIVITY** _____

WHAT THE BLOCK LEFT YOU WITH _____ **ENERGY** ☐ - ☐ 0 ☐ +

ATTENTION _____

INTENT / WHAT DROVE ME _____

MOTIVATION ☐ C ☐ S ☐ A **KEEP FEEDING THIS DIRECTION?** ☐ yes ☐ no ☐ ?

The day's footprint:
What took up the most time, and how did it affect my energy?

_____

What drove me or surprised me today?

_____

My First Map

EVALUATION / ONE NEXT STEP

What takes up the most time in my week is…

I create the most value in…

I lose the most energy in…

My attention left its biggest mark on…

The motivations that drove me most often were…

The direction I want to keep feeding is…

The direction I no longer want to feed is…

ONE NEXT STEP

Mark one surprising spot on the map. You don’t have to change it yet. In the next chapter, you’ll distinguish more precisely between what’s yours, what’s someone else’s, and what’s shared.