

## Monthly Tracker Energy and Rest

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
When did I feel most focused?							
When did I feel most open and creative?							
When did I most need rest?							
What helped me to recharge?							
When did I feel most focused?							
When did I feel most open and creative?							
When did I most need rest?							
What helped me to recharge?							
When did I feel most focused?							
When did I feel most open and creative?							
When did I most need rest?							
What helped me to recharge?							
When did I feel most focused?							
When did I feel most open and creative?							
When did I most need rest?							
What helped me to recharge?							

### A few suggestions:

Your goal is not to judge yourself, but to learn about your energy and rest patterns/preferences.

Your focused and creative peaks may not happen on the job, and that's fine. Just notice them.

"Rest" could be anything that recharges your brain, in addition to physical rest or sleep.

At the end of the month, analyze for patterns. If you could try one schedule tweak based on this info, what would it be?

Related journal prompt: Why do your energy and rest matter to you, beyond simple productivity?

