



10 Hour Workweek

ENERGY MAPPING

*Align your calendar
with how you actually function.*

BONUS CALL #2
AUGUST 20TH 2025

ON A SCALE OF 1 - 10

How well do you feel your
current schedule supports the
way you work best?



ENERGY MAPPING GRID - CURRENT

	EARLY AM	MID-MORNING	MIDDAY	AFTERNOON	EVENING
MONDAY	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____
TUESDAY	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____
WEDNESDAY	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____
THURSDAY	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____
FRIDAY	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____
SATURDAY	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____
SUNDAY	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____	Energy: _____ Activity: _____

STEP 1: Find the Gaps

Identify 2–3 blocks where there’s a clear mismatch between how you feel and what you’re doing.

- _____
- _____
- _____

STEP 2: Star the Sweet Spots

Identify 2–3 blocks where your energy and activity feel aligned.

- _____
- _____
- _____

STEP 3: Discover your Power Zone(s) and Ideal Week

What time of day feels naturally most productive for you? Write it down.

What are other times of day that work best for specific activities (ie: exercise, reflection, meetings, bonding)?

What days of the week feel best for what? Imagine your ideal week. What does it look and feel like?

ENERGY MAPPING GRID - IDEAL

	EARLY AM	MID-MORNING	MIDDAY	AFTERNOON	EVENING
MONDAY	Energy: _____	Energy: _____	Energy: _____	Energy: _____	Energy: _____
THEME: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____
TUESDAY	Energy: _____	Energy: _____	Energy: _____	Energy: _____	Energy: _____
THEME: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____
WEDNESDAY	Energy: _____	Energy: _____	Energy: _____	Energy: _____	Energy: _____
THEME: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____
THURSDAY	Energy: _____	Energy: _____	Energy: _____	Energy: _____	Energy: _____
THEME: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____
FRIDAY	Energy: _____	Energy: _____	Energy: _____	Energy: _____	Energy: _____
THEME: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____
SATURDAY	Energy: _____	Energy: _____	Energy: _____	Energy: _____	Energy: _____
THEME: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____
SUNDAY	Energy: _____	Energy: _____	Energy: _____	Energy: _____	Energy: _____
THEME: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____	Focus: _____

Take Action This Week

My next step is to: _____

I will check in on myself on: _____

YOUR 10 Hour
Workweek
is underway

WORK WITH YOUR ENERGY - NOT AGAINST IT.