

My Energy Map

Mapping the energy cost of work can help you identify where pacing, adjustments or different scheduling may make the day more sustainable.

GREEN — lower energy cost

Tasks I can usually manage comfortably:

AMBER — significant energy cost

Tasks that require concentration, social effort, travel, physical effort or recovery:

RED — high cost / high risk of overload

Tasks or environments that can quickly deplete me:

Hidden energy costs

Commuting, masking, preparing, changing tasks, waiting, meetings, noise, pain management:

Recovery

What genuinely helps restore capacity during or after work?

Re-design the day

What could be shortened, moved, shared, automated, done remotely or followed by recovery time?

My early warning signs

I know I am reaching my limit when:
