

Directions: Keep this sheet nearby during your work day. Add notes as they come to you, or you find yourself doing things that give you energy ("love") or take energy ("loathe"). Write them down.



Do this for one month. Then, reflect on the list. Discuss with your team. Are there activities you wish you could do more of and less of? Do you do better at activities you "Love " and worse at those you "Loathe"?

