

# DESIGNING YOUR LIFE AT IUP: ENERGY AND ENGAGEMENT LOG

Adapted from: Burnett, B. & Evans, D. (2016). *Designing your life: How to build a well-lived, joyful life*. New York: Alfred A. Knopf, a division of Penguin Random House LLC, and University of Florida Career Connections Center Energy and Engagement Log

“Since there’s no *one* destination in life, you can’t put your goal into your GPS and get the turn-by-turn directions for how to get there. What you **can do** is pay attention to the clues in front of you, and make your best way forward with the tools you have at hand. ...the first clues are *engagement* and *energy*.”

– Bill Burnett & Dave Evans

## Use this tool to:

- Discover what makes you feel most “in the zone”
- Identify energy-draining tasks that might not be the right fit for you
- Connect your daily life to future career possibilities

*At the IUP Career and Professional Development Center, we believe that understanding yourself is the first step toward building a meaningful career. This energy and engagement log is designed to help you reflect on your day-to-day experiences, so you can uncover what truly engages and energizes you. We encourage you to track how different activities make you feel, whether in class, at work, or in your personal life. You will begin to notice patterns that can point you toward majors, career paths, and work environments that align with your aptitudes, strengths, and interests.*

Engagement:	Flow:	Energy:	Meaning:
Did the activity capture your attention and keep you focused? Were you genuinely interested and involved, or did you feel bored, distracted, or disconnected?	Did time seem to fly by while you were doing this activity? Were you focused and present, almost losing track of everything else? Flow happens when you're fully immersed, when the challenge of the task aligns with your skills and keeps you in the zone.	How did this activity affect your energy levels? Did it leave you feeling recharged and motivated, or drained and exhausted?	Did this activity feel purposeful or aligned with your personal values, goals, or vision for the future? Did it contribute to something that matters to you?
Rate your level of engagement on a scale from 0 (not engaged at all) to 10 (fully engaged and absorbed)	Check the box if you experienced flow.	Rate your energy change on a scale from -10 (lost a lot of energy) to 0 (no change) to +10 (gained a lot of energy)	Rate how meaningful the activity felt on a scale from 0 (not meaningful at all) to 10 (deeply meaningful and fulfilling)

## Weekly Reflection:

At the end of each week, take a moment to look over your log and notice any patterns. Were there any surprises? Which activities consistently felt energizing, engaging, or meaningful? What might that reveal about the kind of work or environment that suits you best?

As you reflect, consider these aspects of your experiences:

- **Activities:** What were you doing? Was the task structured or more open-ended? Were you leading, collaborating, or observing?
- **Environments:** Where did the activity take place? How did the physical space or setting influence your focus, comfort, or energy? Were you with people or alone or a combination of these?

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**Interactions:** Who or what were you interacting with? Were the interactions formal or informal? Familiar or new? How did these interactions impact your experience?

**Objects:** What tools, technology, or materials were involved? Did using them help you feel more engaged or focused?

**Users:** Who else was involved in the activity? What were their roles, and how did their presence influence your energy, engagement, or sense of meaning?

Use this log at the end of each day to jot down your main activities, rating each for levels of engagement, flow, energy, and meaning.

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