

Mapping Activity and Energy

Mood and motivation | Adults | 10 to 15 minutes

Observe relationships between daily activity, energy, and meaning.

Low mood can make days feel blurred together. Choose one recent day and notice what you did, how your energy shifted, and what gave even a small sense of connection or accomplishment. You are gathering information, not grading yourself.

Look for actual conditions

Recall a morning, afternoon, and evening activity. Note practical factors such as sleep, pain, caregiving, food, access, or work demands. An activity may matter even when it does not feel enjoyable. Rest can also be intentional and useful.

Choose one experiment

Look for something to repeat, simplify, or change. For example, a short walk with a friend may have offered connection, while a complicated errand used more energy than expected. Select one realistic adjustment and decide what you want to notice afterwards.

Morning activity, energy, and what helped or drained me

Afternoon activity, energy, and what helped or drained me

Evening activity, energy, and what helped or drained me

One activity I will repeat or adjust and what I will observe