

Energy Mapping

For one week, at the end of each block, shade how your energy actually was. Not how you wish it had been. Three levels: a full box for high, a half box for medium, leave it empty for low. By Sunday you will see your real tides, and your tides are the plan.

	MON	TUE	WED	THU	FRI	SAT	SUN
Early							
Morning							
Midday							
Afternoon							
Evening							
Night							

HOW TO SHADE



full box, high energy



half box, medium



empty, low energy

WHEN THE WEEK IS DONE

Reading your map

Look at the shading. The pattern is usually clearer than you expect. Now turn it into a plan: protect the high windows for your real work, and stop trying to do hard things in the low ones.

My high-energy windows (when the boxes were fullest)

The one kind of work I will protect those windows for

My low-energy windows (when the boxes were emptiest)

What I will do in the low windows instead, or rest

One thing I will stop trying to force at the wrong time

You are not lazy, you have tides. Work with them. If this helped, the full workshop on running a business with ADHD lives at maximilianrupp.com/learn/workshops/adhd.