

DYL Energy Map

Discover Where Your Time and Energy Go

Inspired by the Designing Your Life approach by Bill Burnett and Dave Evans

When it comes to well-being, energy matters as much as time.

The DYL Energy Map invites you to pause, reflect, and notice how your everyday activities impact you. By tracking your engagement, energy, and ease, you can begin to spot patterns — and design your days with more balance and intention.

This tool doesn't ask you to do more. It simply helps you notice what's already happening so you can make more aligned, supportive choices.

Step 1: Track a Typical Week

Start by filling in your weekly activities — both personal and professional. Include things like:

- Work tasks or meetings
- Household or caregiving responsibilities
- Meals, errands, commutes
- Social time, rest, movement, hobbies
- Screen time, scrolling, etc.

Use the table below to fill in a few days' worth of typical activities.

Step 2: Rate Each Activity

Once you've listed your activities, rate each one using the following scale:

Energy Level | What it means

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-  Drains Me | Leaves you depleted, tense, or disconnected
-  Neutral | Fine, functional — but not particularly energizing
-  Energizes Me | Feels meaningful, alive, or joyful — even if it takes effort

Also consider:

- Was I fully engaged or mostly distracted?
- Did I feel a sense of ease or tension?



Sample Tracking Table

Use this format to track your time and energy.

Day/Time | Activity | Energy Level (●/●/●) | Notes (Ease, Engagement, etc.)

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Mon AM | Team meeting | ● | Okay, but long and draining by the end

Mon PM | Walk with friend | ● | Felt restored and connected

Tues AM | Writing reports | ● | Hard to focus, felt drained

✨ Step 3: Reflect on the Patterns

After you've tracked your week, take a few minutes to reflect.

Prompts to consider:

- Which activities leave you feeling most alive or connected?
- What drains you — and is there anything you could shift, drop, or delegate?
- What small adjustments could bring more energy or ease into your week?

🌱 Keep Designing

You don't have to overhaul everything. Start small — bring more of what fuels you into your week, and gently reduce what doesn't.

“Energy is the fuel of a well-designed life. When you notice where it goes, you can choose more wisely.”