

# ADVENTURE STYLE JOURNALING

## ACTIVITIES LOG

At the end of each day, complete a log of your daily activities. While describing the activities be as much as specific as you can.

For each activity, mark your level of "ENGAGEMENT" and "ENERGY".

Print as many "Activities Log" Pages as you need for your weekly exercise.

DATE: \_\_\_\_\_

DESCRIPTION	ENGAGEMENT	ENERGY
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DATE: \_\_\_\_\_

[illegible]

## END-OF-WEEK REFLECTION

WHICH ACTIVITIES ENGAGED YOU THE MOST?

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WHICH ACTIVITIES FLOWED EFFORTLESSLY FOR YOU? (FLOW LEVEL)

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WHICH ACTIVITIES LEFT YOU WITH MORE ENERGY THAN YOU HAD AT THE START?

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WHICH ACTIVITIES DRAINED ENERGY FROM YOU?

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