

Good Time Journal

The Good Time Journal, a tool from "Designing Your Life" by Bill Burnett and Dave Evans, helps track daily activities to identify patterns and insights about what activities bring joy and energy.

























Plan to use your journal consistently for at least one week to track your activities, where you were during the activities, and your interactions with others. What kind were they and with whom?

Instructions

1. Set Up Your Journal
 - Format: Use the handout, a notebook, a spreadsheet, or a digital tool—whatever works best for you.
 - Columns: Create columns for Date, Activity, Engagement, Energy, and Notes.
2. Track Your Activities:
 - Daily Entries: Write down all significant daily activities you engage in.
 - Details: Be specific. Include work tasks, leisure activities, meals, social interactions, etc.
3. Assess Your Engagement:
 - Level of Engagement: For each activity, note how active, enthusiastic, and invested you were. This is your level of engagement. Make a special note if you reached a state of flow which is a mental state in which you are fully immersed, focused, and involved, with a sense of enjoyment and fulfillment, often losing track of time.
 - Scale: Use a gauge such as the one included in the handout or a scale of 1-10.
4. Track Your Energy Levels:
 - Level of Energy: Note your energy level before, during, and after each activity.
 - Scale: Use a gauge such as the one included in the handout or a scale of 1-10.
5. Add Notes:
 - Context: Include any relevant context or observations. For instance, if you felt unusually tired, was there a reason (lack of sleep, stressful event, etc.)?

At the end of one week, look for patterns or trends that consistently bring you joy or drain your energy.

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Day	Date	Activity	Notes	
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy
				 Engagement  Energy