Weekly energy review

Where the week took your strength and where it gave it back.

> Burnout builds gradually, which makes it hard to notice from the inside. Go through last week's calendar and enter **concrete events**, not categories. Then choose one thing to remove and one to add.

What took from me

EVENT	WAS IT NECESSARY?	WAS IT MINE?

What gave to me

EVENT	HOW LONG	COULD IT BE MORE OFTEN?

Next week

I remove or shorten

I add

For personal use.