



## Heyday Coaching

Personal and Career Coaching  
[www.heydaycoaching.com](http://www.heydaycoaching.com)

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### Good Time Journal Instructions

**Engagement:** When you are engaged, you are involved in what you are doing. You are interested, focused, and absorbed.

**Energized:** Sometimes you do things that energize you—that make you feel alive and awake. At other times, you are doing things that drain your energy.

**“In Flow”:** A state of mind identified by psychologist Mihaly Csikszentmihalyi (yeah, I can’t pronounce it either.) Being “in flow” is engagement on steroids. You are so absorbed in an activity that you lose all track of time. You feel a sense of clarity and peace.

For a period of a week or two, use this form to log your major activities and then reflect on how they make you feel.

- Step One: Use the Good Time Journal worksheet to track your major activities for a period of days or a week.
- Step Two: For each one, evaluate whether it is a high or a low engagement activity and mark that on your engagement “fuel tank.”
- Step Three: Evaluate whether you were in “flow.” If you were in “flow” during an activity, check the flow box.
- Step Four: Evaluate how energized the activity made you feel. Some engaging activities may drain your energy. Some low engagement activities may recharge your batteries. Mark your “fuel tank” to indicate the level of energy this activity created or consumed.
- Step Five: At the end of several days or a week, look at your Good Time Journals. Maybe you want to make some notes. What surprises you? What are the best parts of your day? Which parts drain your energy? Are the energy-draining activities also engaging? Or are they low engagement activities? Do you see any patterns? Pay attention to:

**Activities:** What activities were you engaged in? Structured or unstructured? Your role in the activity?

**Environments:** What kind of environment were you in and how did it make you feel?

**Interactions:** Who were you interacting with? Was it a formal or informal interaction? Unfamiliar people or people you know well?

Objects: Were you interacting with any objects or devices? What objects made you feel engaged or supported?

Users: Who else was there and what role did they play in making it a good or bad experience?

Jot down some reflections. You can mark up the journal or use color coding to identify patterns.

*Source: Bill Burnett and Dave Evans of Stanford University and appears in their book, Designing Your Life: How to Build a Well-Lived, Joyful Life (Knopf, 2016).*