

# Track Your Energy

10																								
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3																								
2																								
1																								
	5 a. m.	6	7	8	9	10	11	12 p. m.	1	2	3	4	5	6	7	8	9	10	11	12 a. m.	1	2	3	4

Throughout the day, look back on your previous hour and rate your energy level from 1 (low) to 10 (high). Don't rate time sleeping. "Energy" isn't limited to physical energy; it also refers to mental energy. If you do more work with your mind than your hands, focus on your attention-level and ability to meet your goals.

*[www.ALessClutteredLife.com](http://www.ALessClutteredLife.com)*