

Stress, Time & Energy Management

A 5-hour workshop for self-aware leadership of your own life

NAME

CLASS

DATE

PAGE 1 · LIVE CAPTURE · FILL DURING THE WORKSHOP

1 THE CRISIS SIMULATION

first reactions, no editing

My first instinct when the tasks were revealed:

One honest word for what I felt:

2a MY STRESS SIGNATURE

how stress shows up in me

BODY	MIND	BEHAVIOUR

2b HANSEI PROMPT

honest reflection on a current stress

1. Just the facts:
2. What this stress tells me I value or fear:
3. One thing I'd do differently:

2c TRIGGER MAP

name it to tame it

My 3 biggest stressors this week:

STRESSOR 1	STRESSOR 2	STRESSOR 3

Useful stress (acted on it)? ☐ Y ☐ N

Noise (just drained me)? ☐ Y ☐ N

3a WHERE IS MY MA?

my current intentional gaps, if any

3b TIME AUTOPSY

where did yesterday actually go?

Hours on top priority yesterday:

Longest focus block (minutes):

Biggest time drain that wasn't a goal:

3c MY 1-DAY SCHEDULE

Ma + 52-17 structure

BLOCK	TASK	DURATION	MA GAP
1			
2			
3			
4			
5			
6			

4a KAKEIBO ENERGY AUDIT

yesterday's activities, tagged honestly

ACTIVITY	I / M / D	NOTES
	I · M · D	
	I · M · D	
	I · M · D	
	I · M · D	

I = Investment (gives energy back) · M = Maintenance (neutral) · D = Drain (takes more than it gives)

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Integration & Commitments · The part you take home

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PAGE 2 · INTEGRATION & COMMITMENTS · SEGMENT 5

4bMY ENERGY PROTOCOL

next 30 days · the only rules I'll keep

SLEEP WINDOW

Fromto

MY ONE DAILY ENERGY INVESTMENT

MY ONE DELIBERATE D-REDUCTION

5aTHE THING I ALREADY KNEW

the hardest honest sentence

Write the sentence you've been avoiding. No one else has to read this.

5bMY ANTI-PLAN

subtraction is a strategy

STOP	DISAPPOINT	FAIL ON PURPOSE
specific, this week	who/what · why it's okay	one area · 30 days

5cLETTER TO FUTURE SELF

to be opened in 30 days

Dear future me,

— Today's me

5d48-HOUR CHALLENGE

circle the one you'll actually do

I choose:ABC(circle one · start within 48 hours)

5eACCOUNTABILITY PAIR

one person · one specific check-in

Name:Check-in (specific day + method):