

# AI-00907 Good Time Journal

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## Explain the good time journal

The Good Time Journal, inspired by the book *Designing Your Life* by Bill Burnett and Dave Evans, is a tool for self-discovery and life design. It helps you understand what activities bring you energy and fulfillment by tracking your experiences.

Here's how it works:

- **Track your activities:** Throughout the day, jot down what you're doing, including structured tasks (work meetings), unstructured activities (reading), and even chores (washing dishes).
- **Rate your engagement and energy:** For each activity, consider how engaged you were (focused, interested) and how it impacted your energy levels (energized, drained). You can use a simple scale (e.g., high, medium, low) or create a visual coding system.
- **Reflect:** Regularly (weekly or bi-weekly), take time to analyze your entries. Look for patterns. What activities consistently give you high engagement and energy? Are there activities that drain you despite being interesting?

By reflecting on these experiences, you gain insights into what makes you tick. This can help you:

- **Identify your ideal work and life:** When you understand the types of activities that energize you, you can steer your career and lifestyle choices towards those that bring you the most satisfaction.
- **Optimize your day-to-day:** Recognizing activities that drain you allows you to plan your schedule strategically and incorporate more energizing activities.

There are different ways to use the Good Time Journal. You can find printable templates online or use a dedicated app [Good Time Journal App].

### Good Time Journal Example - Saturday, May 4th

Time	Activity	Engagement	Energy	Notes
8:00 AM	Wake up, make breakfast	Medium	Low	Still tired, forced myself out of bed
8:30 AM	Go for a morning jog	High	High	Beautiful weather, felt invigorated
9:30 AM	Shower, get dressed	Low	Medium	Mind wandering, but showering helped wake me up
10:00 AM - 12:00 PM	Work on freelance project	High	Medium	Coding can be engaging, but started to drag a bit by noon
12:00 PM - 1:00 PM	Lunch break - meet friend for coffee	High	High	Great catching up, good conversation
1:00 PM - 3:00 PM	Errands - grocery shopping, bank	Medium	Low	Necessary tasks, but not exciting
3:00 PM - 4:00 PM	Read a book for pleasure	High	High	Got lost in the story, felt relaxed and recharged
4:00 PM - 5:00 PM	Help clean the house with family	Medium	Medium	Shared responsibility, not the most exciting but good to get it done
5:00 PM - 6:00 PM	Cook dinner	Medium	Medium	Basic meal prep, a bit tired but manageable
6:00 PM - 8:00 PM	Watch a movie with family	High	High	Fun family time, enjoyed the

				movie
8:00 PM - 9:00 PM	Read and unwind before bed	High	Medium	Winding down for the night, felt content

### Reflections:

- Exercise (morning jog) and spending time with loved ones (coffee with friend, movie night) were high engagement and high energy activities.
- Errands and chores were necessary but not energizing.
- Work project was engaging but started to drain my energy by the end. Maybe I can break it down into smaller chunks in the future.

This is just a one-day example, but over time, keeping a Good Time Journal can help identify patterns and personal preferences to design a life that brings you more joy and fulfillment.