**Activity Log**

**Instructions**

* Complete a log of your daily activities, using the worksheet on the next page (you can copy/paste the table if you need more entries). Make note of when you are engaged and/or energized and what you are doing during those times (mark the gauges in the Rating column). Do this for all activities over a two-day period (or longer if you like).
* At the end of your period (two days or longer), jot down your reflections (the page after the activity log) —notice which activities are engaging and energizing, and which ones are not.
* Are there any surprises in your reflections?
* Zoom in and try to get even more specific about what does or does not engage and energize you.
* Use the AEIOU method as needed to help you in your reflections.

**AEIOU**

Getting great insights out of your activity log & reflections isn’t always easy, so here’s a tool designers use to make detailed and accurate observations—part of getting good at the curiosity mind-set. It’s the AEIOU method that provides you five sets of questions you can use when reflecting on your Activity Log.

**Activities**

What were you actually doing? Was this a structured or an unstructured activity? Did you have a specific role to play (team leader) or were you just a participant (at the meeting)?

**Environments**

Our environment has a profound effect on our emotional state. You feel one way at a football stadium, another in a cathedral. Notice where you were when you were involved in the activity. What kind of a place was it, and how did it make you feel?

**Interactions**

What were you interacting with—people or machines? Was it a new kind of interaction or one you are familiar with? Was it formal or informal?

**Objects**

Were you interacting with any objects or devices— iPads or smartphones, hockey sticks or sailboats? What were the objects that created or supported your feeling engaged?

**Users**

Who else was there, and what role did they play in making it either a positive or a negative experience?

**Log**

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**Reflections:**

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