



Good Time Journal Reflection Guide

Discover what brings the you joy. This activity can help answer the question, “How does what you’re doing fit your values and priorities?” All of us are motivated by different kinds of work activities. It can be beneficial to pay attention to the clues in front of you to make your best way forward. Two clues into figuring that out can be through engagement and energy.

Definition of engagement and energy:

Engagement: Think about an activity, when were you feeling restless, bored, unhappy (disengaged) vs. focused, excited, having a good time (engaged). Think about times of flow, when time stands still and the activity matches your skill set.

Energy: Some activities will sustain energy and some will drain it. Often energy and engagement will coincide, but not necessarily. An activity might have high engagement, such as fighting for your point, but afterwards it might be draining and feel terrible to outwit others.

How to complete this activity: You can use any type of activities in the good time journal – internships, part-time jobs, volunteer experiences, hobbies, daily routine activities (working out) etc.

You can either shade or draw arrows to show their levels of engagement/energy.

Are there trends, insights, surprises?

(Based on Designing Your Life)

