Vertical Axis: Energy

This axis measures your **current level of physical, mental, and emotional energy**—your *fuel to take action*.

Low Energy

You're tired, overwhelmed, scattered, or emotionally drained. Even small tasks feel hard to start.

Causes: lack of sleep, stress, overcommitment, burnout.

High Energy

You feel alert, focused, motivated. You're ready to take on meaningful tasks or challenges.

Causes: rest, exercise, clarity, good momentum.

Think of it as:

How charged is your battery today?

Horizontal Axis: Direction

This axis measures your clarity of focus and priorities — your sense of what matters most.

Energy

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Unclear Direction

You're reactive, unsure where to start, easily distracted. You may be busy but not effective.

Symptoms: task overload, shiny object syndrome, unclear goals.

Clear Direction

You know your priorities, have goals or OKRs in place, and understand what *not* to do. Symptoms: focused work, purpose-driven action, clear next steps.

Think of it as:

How clear is your compass?

FLOW – You're in alignment. Stay focused, protect your time, double down.

FOG – You know where you're going, but feel drained.
Pick one habit to boost energy.

STORM – You're active but scattered. Reconnect with OKRs and prune your task list.

FREEZE – You're stuck. Simplify. Reconnect with your "why." Schedule recovery. Results Driven
GETTING THINGS DONE

