

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*.

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?



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