



Chapter 4: Aligning Time and Energy

Boundaries · Rhythm · Recovery

NUDGES

NOTES

MID-CH LAB

GOOD LIFE LAB

NUDGE 4.1

Spotting the Leak

Think of one moment this past month that felt depleting, intrusive, or off. Boundaries can be thought of as emotional scaffolding — supporting your balance when the pressure builds. Identify the boundary need and how the leak occurred.

THE MOMENT (BRIEF DESCRIPTION):

THE UNSPOKEN BOUNDARY THAT WAS CROSSED:

HOW THE LEAK OCCURRED:

WHAT I COULD SAY OR DO NEXT TIME:

NOTE 4.1

The Language of Boundaries

Reflect on a time when you tried to set a boundary, and when someone else set one with you.

WHEN YOU SET A BOUNDARY

WHAT MADE IT FEEL UNCOMFORTABLE? (E.G., GUILT, FEAR OF JUDGMENT, WORRY ABOUT THE RELATIONSHIP)

WHAT DID YOU LEARN ABOUT YOURSELF IN THAT MOMENT?

LOOKING BACK, HOW DID THAT EXPERIENCE REINFORCE THE IMPORTANCE OF THE BOUNDARY?

WHEN SOMEONE ELSE SET A BOUNDARY WITH YOU

HOW DID YOU REACT IN THE MOMENT?

WHAT WAS YOUR INITIAL INTERNAL NARRATIVE ABOUT THEIR BOUNDARY?

LOOKING BACK, WHAT DO YOU UNDERSTAND NOW ABOUT WHY THAT BOUNDARY WAS NECESSARY FOR THEM?

NUDGE 4.2

Cue It Up

This week, choose one small cue-based ritual you can return to each day. Keep it simple and specific. Like music, our days need air — small pauses that create space for presence.

TIME OF DAY:

Morning — e.g. coffee + quiet visualization or mantra

Daytime — e.g. closing laptop + 5-min walk or opening a window

Evening — e.g. song that signals workday is over, candle, journal sentence

MY CUE-BASED RITUAL (DESCRIBE EXACTLY):

THE TRIGGER/CUE I'M PAIRING IT WITH:

NOTE 4.2

Energy Check-In

Reflect on the cue-based ritual you chose. Then track your energy over 3 days.

HOW DID YOU WEAVE YOUR RITUAL INTO THE FABRIC OF YOUR DAY?

DID YOU NOTICE ANY SUBTLE SHIFT IN ENERGY, MOOD, OR FOCUS AFTERWARD?

WHAT DID THIS RITUAL HELP YOU FEEL MORE CONNECTED TO?

3-DAY ENERGY SNAPSHOT — WHAT TIME OF DAY DO YOU FEEL SHARPEST? WHEN DO YOU FADE? WHEN DO YOU REBOUND?

MID-CHAPTER GOOD LIFE LAB

Designing Your Energy-Aligned Rhythm

Use your energy check-in to shape a daily rhythm that matches your internal tempo. Map your peaks (for deep work), troughs (for light tasks), and rebounds (for creative work).

MY PEAK ENERGY TIMES AND WHAT I'LL USE THEM FOR:

MY TROUGH TIMES AND WHAT I'LL SCHEDULE HERE INSTEAD:

MY REBOUND TIMES AND WHAT I'LL USE THEM FOR:

MY IDEAL ENERGY-ALIGNED DAY (DESCRIBE YOUR ONE TEST DAY):

NUDGE 4.3

Your Energy Reset

This week, choose just one small shift to practice. Pick what feels most doable.

- **Fuel Wisely:** Try the 5-to-1 carb-to-fiber rule for one meal each day for 5–7 days (for every 5g of carbs, aim for 1g of fiber).
- **Micro-Intervals:** Take a 3-minute movement break three times a day for 5–7 days. Simple — walk, stretch, skip. No gym required.

I CHOSE:

Fuel Wisely (5-to-1 carb-to-fiber)

Micro-Intervals (3-min movement x3 daily)

DAY	PRACTICE USED (Y/N)	ENERGY LEVEL AFTER (1-5)	NOTES
D1			
D2			
D3			
D4			
D5			
D6			
D7			

NOTE 4.3**Notice Your Energy Signature**

Reflect on the energy-enhancing practice you chose this week.

HOW DID YOU FEEL BEFORE YOU TRIED IT?

HOW DID YOU FEEL AFTERWARD?

DID THAT SMALL ACTION HAVE AN EFFECT ON YOUR OVERALL ENERGY, CRAVINGS, OR MOOD?

WHAT DID THIS TEACH YOU ABOUT THE CONNECTION BETWEEN YOUR HABITS AND YOUR ENERGY SIGNATURE?

NUDGE 4.4

A Wind-Down Ritual

This week, focus on a doable ritual to prepare your body and brain for rest. Sleep health is closely linked to resilience. A racing mind or a tense body at bedtime are tied to greater difficulty managing emotions the next day.

I CHOSE:

- Screen Sundown — all screens off 30–60 min before bed
- Set a Sensation — warm shower + calming lotion or a warm drink
- Quiet Activity — physical book, 5-min journaling, or soft music

HOW I'LL MAKE THIS A RITUAL THIS WEEK:

NOTE 4.4

Your Inner Mechanic

Reflect on the ritual you chose this week from the Nudge.

HOW DID IT FEEL TO RECLAIM THAT MOMENT FOR YOURSELF?

WHAT DID THIS TEACH YOU ABOUT YOUR BODY'S ENERGY SIGNALS?

DID YOU ENCOUNTER RATIONALIZATIONS OR OBJECTIONS FROM YOURSELF OR OTHERS? WHAT DID THOSE TELL YOU?

GOOD LIFE LAB

Reclaiming Rest from Modern Disruptors

Identify an energy-draining digital habit and replace it with a restorative ritual.

STEP 1: 3-DAY DIGITAL HABIT LOG

DAY	TOP DRAINING DIGITAL HABIT	TIME SPENT (APPROX.)	IMPACT ON ENERGY
D1			
D2			
D3			

STEP 2: CHOOSE A RESTORATIVE ALTERNATIVE

THE DRAINING HABIT I'M REPLACING + THE RESTORATIVE ALTERNATIVE I'LL TRY:

STEP 3: TRACK FOR 7 DAYS

DAY	RESTORATIVE ALTERNATIVE USED	HOW YOU FELT AFTER
D1		
D2		
D3		
D4		
D5		
D6		
D7		