

H · Harmonious

Energy Mapping

Harmonious · Chapter Five. Find where a small input moves everything.

Everything connects, which cuts both ways. Neglect one area and it quietly undermines the rest, but improve one in the right place and it propagates. Score each area for energy and for satisfaction, and look at the gap.

1 · Life Areas Web

 Deep dive

Draw a node for each area that carries weight in your life (health, relationships, work, money, home, rest), then join them. On each line, write how those two areas affect each other now.

2 · Energy Mapping

Rate each area 1 to 10 for energy invested and for satisfaction, then write the gap. Large gaps show where you are over- or under-investing.

Area	Energy invested /10	Satisfaction /10	Gap
Physical health			
Mental and emotional health			
Relationships and family			
Work and career			
Finances			
Personal growth and learning			
Fun, rest, and recreation			
Home and environment			

Biggest gap, and what it tells me:

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Energy Mapping

3 • Harmony Plan

 Core

Not goals. The floor. The least you can do to keep each area from collapsing (aim for under five minutes each).

Physical minimum (e.g. drink water, short walk):

Mental minimum (e.g. read five minutes):

Emotional minimum (e.g. name one feeling):

Social minimum (e.g. text one person):

Practical minimum (e.g. clear one surface):
