

CHAPTER 3

# Energy Mapping: The Foundation of Neurodivergent Productivity

Chapter Workbook

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*Take your time. There are no wrong answers.*

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# Energy Awareness

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*Go gently. This is observation, not judgment.*

## Noticing Your Energy

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*Right now, my energy feels:*

High — focused, ready for complex work

Medium — steady, able to handle familiar tasks

Low — depleted, needing rest or gentle activity

*No energy state is wrong.*

## Energy Patterns

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*When do you typically feel most energised?*

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*When does your energy usually dip?*

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*What helps restore your energy?*

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# Matching Tasks to Energy

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*Deep focus, complex thinking,  
decision-making*  
**High Energy Tasks**

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*Admin, emails, familiar routines*  
**Medium Energy Tasks**

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*Rest, gentle activities, sensory regulation*  
**Low Energy Tasks**

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## One Energy Shift

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*One way I could honour my energy better:*

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# Three Takeaways

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*Three insights about energy:*

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