

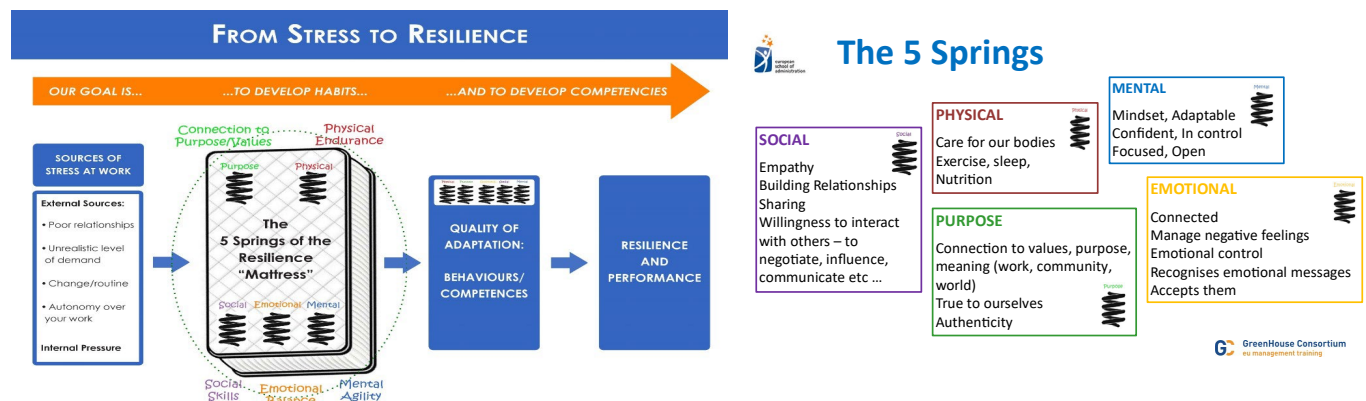


New HoU: Sustainable Leadership Journey

Resilience Logbook | Interim Work

Over a period of 3 days record the activities you do. Try to pick consecutive, “usual” days but do not fall into the trap of waiting for the perfect moment! Best to take intervals of 15 – 30 minutes and to do as much as possible “in the moment” rather than as a reflection at the end of the day. For each activity identify which springs are affected. Add a “+” if the task has a positive impact on the spring or a “-” if the effect is negative. Add rows as needed.

This will provide you with the ‘raw material’ that will serve as a basis for reflecting on how you spend your time and take care of your own resilience. Do you use your time wisely? Do your activities contribute to your purpose or resilience as a leader?



At the end of the 3 days, please reflect on the following questions. Bring this reflection with you to your individual debrief session which should be scheduled as close as possible to the time you have done the assessment, but at the latest before Day 3 of the programme.

- Looking at your recorded activities:
 - Are you using your time wisely?
 - Are most of your activities part of the core of your role (as defined in your management model on Day 1 of the programme)? If not why not? What is the reason and what do you choose to do about it?
 - How many hours are you working in total?
- Looking at your resilience springs
 - Which activities bring you energy, which deplete your energy?
 - Which activities build your resilience?
 - Which activities could be classified as self-care?
 - What % of your activities are directly linked to your own purpose as a leader?



New HoU: Sustainable Leadership Journey

Day 1

Before Work

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
6:00						
06:30						
7:00						
07:30						
8:00						
08:30						

At Work

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
9:00						
09:30						
10:00						
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						



New HoU: Sustainable Leadership Journey

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						

After Work

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
18:00						
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						
21:30						
22:00						

How was your sleep?
Quantity (hrs)? Quality?



New HoU: Sustainable Leadership Journey

Day 2

Before Work

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
6:00						
06:30						
7:00						
07:30						
8:00						
08:30						

At Work

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
9:00						
09:30						
10:00						
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						



New HoU: Sustainable Leadership Journey

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						

After Work

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
18:00						
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						
21:30						
22:00						

How was your sleep?
Quantity (hrs)? Quality?



New HoU: Sustainable Leadership Journey

Day 3

Before Work

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
6:00						
06:30						
7:00						
07:30						
8:00						
08:30						

At Work

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
9:00						
09:30						
10:00						
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						



New HoU: Sustainable Leadership Journey

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						

After Work

Time	Task	Physical 	Purpose 	Social 	Mental 	Emotional
18:00						
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						
21:30						
22:00						

How was your sleep?
Quantity (hrs)? Quality?