

# The Power of Full Engagement

by Jim Loehr & Tony Schwartz

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Schedule one 90-minute pulse**

Choose one demanding task, remove inputs, work fully for 90 minutes, then take a real recovery break before switching contexts.

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<sup>02</sup> **Create a recovery ritual**

Pick a specific renewal cue: water plus daylight after meetings, a walk after deep work, or two minutes of breathing before hard conversations.

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<sup>03</sup> **Audit your four energy dimensions**

Rate physical, emotional, mental, and spiritual energy at the start and end of the day. Watch which dimension drains first.

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<sup>04</sup> **Connect one task to a value**

Before starting important work, write the person, principle, or standard it serves so effort has a deeper source than urgency.

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<sup>05</sup> **Protect sleep like a performance asset**

Set a shutdown ritual and treat bedtime as training infrastructure, not leftover time after the day wins.