**Záznamník činností: Energie a radost**

Materiál ke kurzu **Time management: Získejte superschopnost zítřka**[**www.jiribenedikt.com/time-management**](http://www.jiribenedikt.com/time-management)

|  |  |  |
| --- | --- | --- |
| Činnost | Radost (-5 až +5) | Energie (-5 až +5) |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |