

### Personalization Layer: Tailoring Your Energy Protocol

Here’s how to tailor your protocol to your life, work rhythms, and personal energy patterns.

#### Sample: Jane’s Personal Energy Protocol (Marketing Director)

Time Block	Personalized Rituals
Morning	<ul style="list-style-type: none"><li>• 6:30 a.m. walk with dog + hydration</li><li>• 8:00–10:00 a.m. strategy writing (Digital messages off)</li></ul>
Midday	<ul style="list-style-type: none"><li>• 12:30 p.m. walk + podcast</li><li>• 1:00–3:00 p.m. meetings only (no major decisions)</li></ul>
Evening	<ul style="list-style-type: none"><li>• 5:00 p.m. notebook debrief</li><li>• 7:00 p.m. “digital sunset” for sleep hygiene</li></ul>
Weekly Reset (Friday)	<ul style="list-style-type: none"><li>• Block 30 minutes to review energy tracker</li><li>• Identify one habit to keep, one to adjust</li></ul>

#### Result:

After 3 weeks, Jane reported:

- +30% clarity
- -40% task-switching
- Improved sleep quality