

The Peak Hour Finder

Find the 2 to 3 hours a day your brain is actually built for.

Most of us run on a schedule someone else designed. But your energy follows its own daily rhythm. Spend five minutes today finding yours.

1 Track your energy today

Give your energy a score from 1 (drained) to 10 (sharp) at each time:

	1	2	3	4	5	6	7	8	9	10
6 AM	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
9 AM	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
12 PM	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 PM	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6 PM	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
9 PM	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

2 Find your peak window

Circle your highest scores. That 2 to 3 hour block is your peak window, the time your brain is naturally at its best. This is set by your chronotype, not your willpower.

3 Protect it and match your work to it

Peak: do your hardest, most important work here.

Trough: save it for easy, low-focus tasks like email and admin.

Recovery: rest, walk, or do lighter creative work.

Rule of thumb: guard your peak window like it is worth something, because it is. If you rise early, use those early hours for autopilot tasks and save deep work for your real peak.

Want the full system? The audit, templates, and a 30-day plan are inside the course.

peaktimeplaybook.com