

## Time, Energy, Presence Map

	How much T+E+P do you <i>currently</i> spend here?	How is it making you <i>feel</i> ?	How much T+E+P would you <i>like</i> to spend here? Why?
<i>Friendships</i>			
<i>Romance</i>			
<i>Movement</i>			
<i>Work/Study</i>			
<i>Social Media</i>			
<i>Hobbies/ Pleasure</i>			
<i>Yoga/ Meditation</i>			
<i>Learning</i>			

Where is there an opportunity to do things differently?

What practical action/s can you take?