Time, Energy & Attitude Analysis

Roles List the main roles in your work/life (i.e. Mother, business owner, community activist)	**Time (%)** Define the percent of time spent within each role during an average week	**Energy** Describe the amount of effort and interest on scale of 1-10, with 10 being highest energy	**Attitude** Identify your attitude toward the role - typically positive (+)or negative (-)

© 2009 Janae Bower, M.A. of www.Finding IT.com