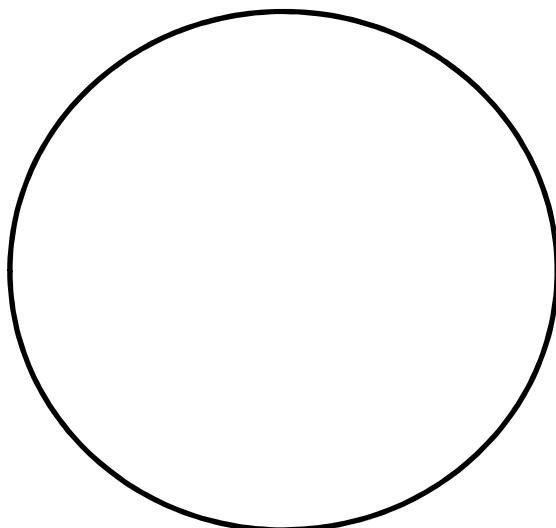
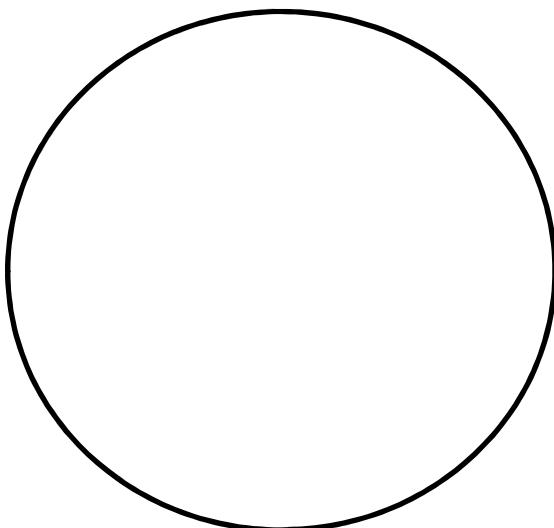
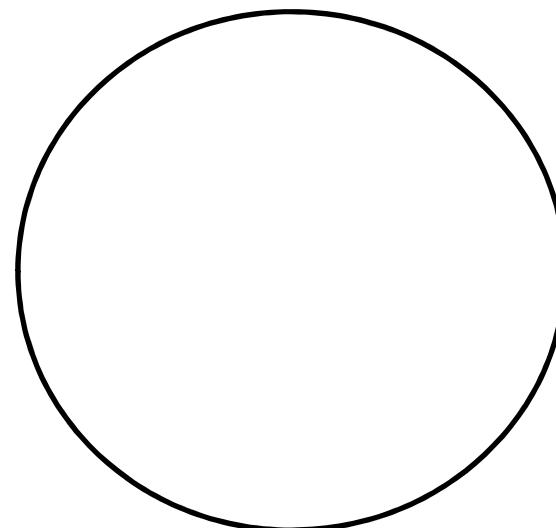
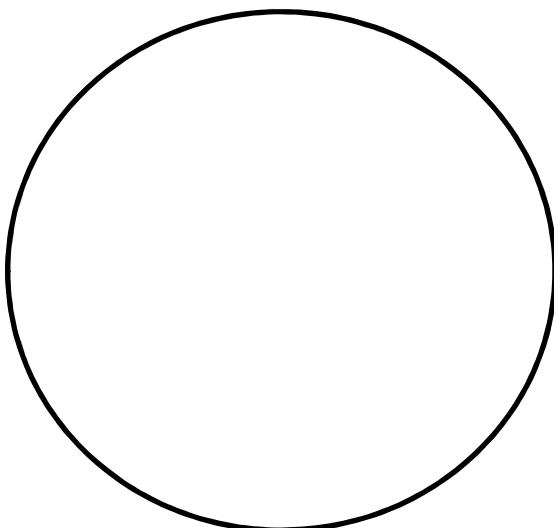


Using the Centers of Intelligence



Date:
Time:
Activity:

Date:
Time:
Activity:



Date:
Time:
Activity:

Date:
Time:
Activity:

Recall a situation you were in or an experience you recently had. Or think about something you really enjoy (or really don't enjoy). Or stop periodically during the day and think about what you are doing. Then create a pie chart in one of the circles by drawing lines to indicate how much of your attention was on Doing, how much on Feeling, and how much on Thinking.