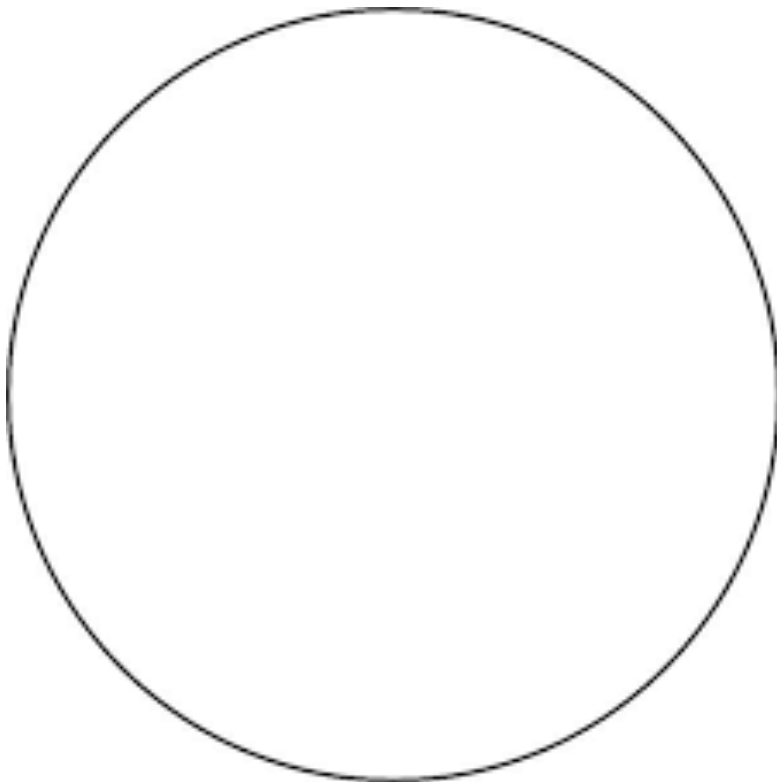


Please divide up the top circle into segments that represent the different things that currently take up your “cognitive space.” Examples could include 1) School, 2) Work 3) Eating and Weight, etc. The segments should be sized according to the percentage of cognitive space that they take up.

Now please divide up the bottom circle into what you *wish* your cognitive space pie would look like. In other words, what your ideal cognitive space pie would be.



What do you notice about the two circles? What are the main differences? What is getting in the way of having the bottom cognitive space circle be your reality?