

Activity	Details	Energy
Dinner with Husband	I look forward to a night out.	+
Board Meeting – 1	Believe in the cause; not well-organized and not a great use of my time	-
Work Dinner	Entertaining clients; enjoy the conversations and ability to add value to their business initiatives outside the conference room	+
Soccer Game	Enjoyed watching the kids; make a point to leave my Blackberry in car	+
Neighborhood event	Kids loved it; I have great neighbors	+
Board Meeting – 2	Enjoy the cause; find time well-spent; looking to get more involved	+
Travel for fun	Travel with husband and kids; I often take on too much and forget to relax Need to give myself permission to have fun	/
Alone time	Write, workout, enjoy coffee in the park (rare treat); glad to give myself a time of space and renewal	+
Team meeting	Off-site meeting, which often turns into a showcasing on events; people disengage	-
Cooking	For me, cooking is only fun when you have the time with no distractions--which never happens in my world	-
House	Bills, clean-up, maintenance, which constantly hangs over my head as an ongoing task.	-