**Identity Pie Chart Exercise**

**List your important Estimated % Time/ List one proud moment you experienced**

**roles in your life: Energy Invested per week: within each role:**

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**Current Identity Pie Chart: Optimal Identity Pie Chart:**

**What actions can you take (i.e., adding or deleting certain roles and/or reallocating time spent in them) to go from where you are to where you want your Identity Pie to be?**