



Azevedo Family Psychology

96 Points of Presence – Current State

1. Print the instructions and the mat. The mat has 12 circles. You also have 96 poker chips each representing 15 minutes of time in a 24-hour day. This is all the time and attention you have in a day. The beautiful thing is it renews every day. The challenging thing is once that 15 minutes have passed, they are gone forever.
2. Look at your current state of how you invest your time and attention. Stack the chips in the circles pertaining to how you use them. There are 6 typical areas and 6 blank ones for you to fill in as needed. If you don't use one of the preprinted ones, scratch it off and replace it with something that works for you. Please be honest. It may not look the way you would like, but it is where you are starting.
3. If you are doing this with your life-partner, let your partner know you have completed this step. When they have, too, share your current state. Take into consideration comments from your partner and make adjustments if needed or desired to reflect their input about your current state.
4. On a separate piece of paper, record your current state of investing your time and attention.
5. Consider the chips again. Reorganize them in the way you would like to start living your life. Consider what changes you would need to make to start moving toward this new way of investing your time and attention.
6. If you are doing this with your life-partner, let your partner know you have completed this step. When they have, too, share your desired future state. Take into consideration comments from your partner and make adjustments if needed or desired to reflect their input about your future state.
7. Record your future state on the same paper where your current state is. Write down the steps you believe you need to take to evolve into this desired future state.