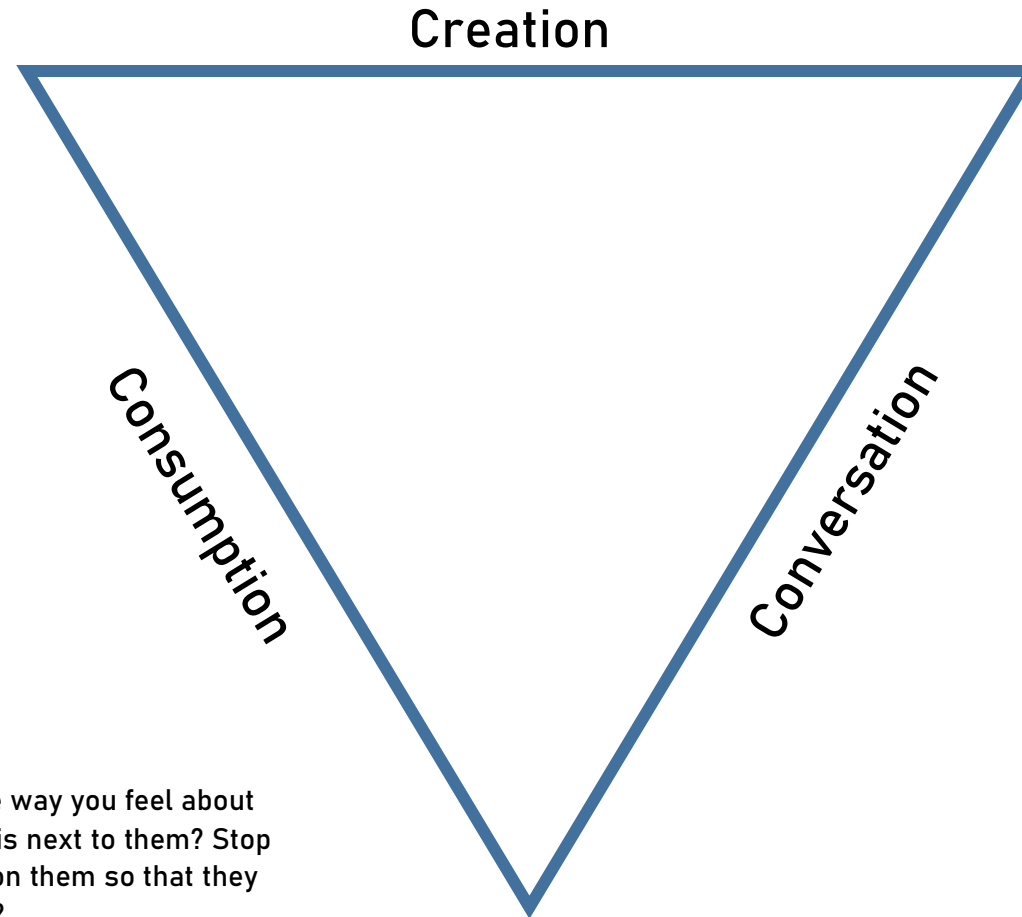


# Practice Mapping Template

List the tools and practices you use for work inside the triangle, aligned with the labels. List those you use in your personal time outside the triangle. Draw emojis to show how you feel about them.



Consider:

What can you do to change the way you feel about those that have negative emojis next to them? Stop using them? Limit time spent on them so that they become a time-allocated task?