

Identify Your "Tiger Time" Journal

Day 1	Day 2	Day 3	Day 4	Day 5
5:00 a.m.	5:00 a.m.	5:00 a.m.	5:00 a.m.	5:00 a.m.
6:00 a.m.	6:00 a.m.	6:00 a.m.	6:00 a.m.	6:00 a.m.
7:00 a.m.	7:00 a.m.	7:00 a.m.	7:00 a.m.	7:00 a.m.
8:00 a.m.	8:00 a.m.	8:00 a.m.	8:00 a.m.	8:00 a.m.
9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.
10:00 a.m.	10:00 a.m.	10:00 a.m.	10:00 a.m.	10:00 a.m.
11:00 a.m.	11:00 a.m.	11:00 a.m.	11:00 a.m.	11:00 a.m.
12:00 noon	12:00 noon	12:00 noon	12:00 noon	12:00 noon
1:00 p.m.	1:00 p.m.	1:00 p.m.	1:00 p.m.	1:00 p.m.
2:00 p.m.	2:00 p.m.	2:00 p.m.	2:00 p.m.	2:00 p.m.
3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.
4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.
5:00 p.m.	5:00 p.m.	5:00 p.m.	5:00 p.m.	5:00 p.m.
6:00 p.m.	6:00 p.m.	6:00 p.m.	6:00 p.m.	6:00 p.m.
7:00 p.m.	7:00 p.m.	7:00 p.m.	7:00 p.m.	7:00 p.m.
8:00 p.m.	8:00 p.m.	8:00 p.m.	8:00 p.m.	8:00 p.m.
9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.
10:00 p.m.	10:00 p.m.	10:00 p.m.	10:00 p.m.	10:00 p.m.

About every hour, pull out this journal and reflect on how you're feeling. Then mark that hour with the color based on this key:

- The most energy, inspiration, and drive
- Still pretty energized but need to take more breaks to sustain momentum
- Easily distracted, bored, tired, procrastinating
- Complete exhaustion, there's no way you're getting anything done



My "Tiger Time"



Times to Avoid Writing

