

TOOL 7.1

Time Spent Monitoring, Contemplating, and Listening to Your Inner Voice—Zen Time

Quick-and-Dirty Overall Risk Score	Zen Time
1–2	15 minutes once a week
3–5	1 hour once a week
6–7	45 minutes twice a week
8–9	30 minutes on each Monday, Wednesday, and Friday
10	1 hour each morning, in company with the project sponsor