

THE WAR WITHIN

TOOL II

TEA Tracker

Time · Energy · Attention

168 hours this week. Every one of them counted. Most of them spent without intention.

The TEA Tracker is a 168-hour stewardship instrument. It converts the abstract conviction that time, energy and attention matter into a concrete weekly record of where they actually went — and what they actually returned. Deploy it for one full week before advancing to Battle 4.

Deploy at: Battle 3 · Foundation Wars
Segun Samuel · TheWarWithin.you

The Three Resources

TIME

You receive 168 hours per week. Every person alive receives the same allocation. The question is not whether you have enough time — it is what your hours are producing.

ENERGY

Energy operates across four registers: Physical vitality, Emotional resilience, Mental clarity, Spiritual connection. A deficit in any one compromises the others. Energy is renewable — but only through intentional management.

ATTENTION

You have approximately 4 hours of peak cognitive attention per day. Four. Not twelve. Everything beyond peak hours is available capacity — but not at maximum. The question is what receives your peak 4.

HOW TO RUN THE 168-HOUR AUDIT

- Track every hour in real time for 7 days. Do not reconstruct from memory.
- At the end of each day, categorise each hour: Aligned / Partially aligned / Misaligned.
- At the end of the week, count the totals in each category.
- Write your Audit Verdict on the Summary page.

Daily Log · Monday

DATE: _____ PEAK HOURS WINDOW: _____ to _____

TIME	ACTIVITY / USED ON	T	E	A	ALIGN
06:00					
07:00					
08:00					
09:00					
10:00					
11:00					
12:00					
13:00					
14:00					
15:00					
16:00					
17:00					
18:00					
19:00					
20:00					
21:00					
22:00					
23:00					

T = Time | E = Energy | A = Attention | ALIGN: ✓ Aligned ~ Partial ✗ Misaligned

DAY VERDICT:

Daily Log · Tuesday

DATE: _____ PEAK HOURS WINDOW: _____ to _____

TIME	ACTIVITY / USED ON	T	E	A	ALIGN
06:00					
07:00					
08:00					
09:00					
10:00					
11:00					
12:00					
13:00					
14:00					
15:00					
16:00					
17:00					
18:00					
19:00					
20:00					
21:00					
22:00					
23:00					

T = Time | E = Energy | A = Attention | ALIGN: ✓ Aligned ~ Partial ✗ Misaligned

DAY VERDICT:

Daily Log · Wednesday

DATE: _____ PEAK HOURS WINDOW: _____ to _____

TIME	ACTIVITY / USED ON	T	E	A	ALIGN
06:00					
07:00					
08:00					
09:00					
10:00					
11:00					
12:00					
13:00					
14:00					
15:00					
16:00					
17:00					
18:00					
19:00					
20:00					
21:00					
22:00					
23:00					

T = Time | E = Energy | A = Attention | ALIGN: ✓ Aligned ~ Partial ✗ Misaligned

DAY VERDICT:

Daily Log · Thursday

DATE: _____ PEAK HOURS WINDOW: _____ to _____

TIME	ACTIVITY / USED ON	T	E	A	ALIGN
06:00					
07:00					
08:00					
09:00					
10:00					
11:00					
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18:00					
19:00					
20:00					
21:00					
22:00					
23:00					

T = Time | E = Energy | A = Attention | ALIGN: ✓ Aligned ~ Partial ✗ Misaligned

DAY VERDICT:

Daily Log · Friday

DATE: _____ PEAK HOURS WINDOW: _____ to _____

TIME	ACTIVITY / USED ON	T	E	A	ALIGN
06:00					
07:00					
08:00					
09:00					
10:00					
11:00					
12:00					
13:00					
14:00					
15:00					
16:00					
17:00					
18:00					
19:00					
20:00					
21:00					
22:00					
23:00					

T = Time | E = Energy | A = Attention | ALIGN: ✓ Aligned ~ Partial ✗ Misaligned

DAY VERDICT:

Daily Log · Saturday

DATE: _____ PEAK HOURS WINDOW: _____ to _____

TIME	ACTIVITY / USED ON	T	E	A	ALIGN
06:00					
07:00					
08:00					
09:00					
10:00					
11:00					
12:00					
13:00					
14:00					
15:00					
16:00					
17:00					
18:00					
19:00					
20:00					
21:00					
22:00					
23:00					

T = Time | E = Energy | A = Attention | ALIGN: ✓ Aligned ~ Partial ✗ Misaligned

DAY VERDICT:

Daily Log · Sunday

DATE: _____ PEAK HOURS WINDOW: _____ to _____

TIME	ACTIVITY / USED ON	T	E	A	ALIGN
06:00					
07:00					
08:00					
09:00					
10:00					
11:00					
12:00					
13:00					
14:00					
15:00					
16:00					
17:00					
18:00					
19:00					
20:00					
21:00					
22:00					
23:00					

T = Time | E = Energy | A = Attention | ALIGN: ✓ Aligned ~ Partial ✗ Misaligned

DAY VERDICT:

Weekly Summary & Audit Verdict

WEEK OF: _____

CATEGORY	ESTIMATED HOURS	ACTUAL HOURS	DIFFERENCE
Fully Aligned			
Partially Aligned			
Misaligned			
TOTAL	168	168	—

WHAT RECEIVED MY PEAK ATTENTION THIS WEEK?

WHERE WAS THE LARGEST MISALIGNMENT? WHAT DROVE IT?

WHAT ONE CHANGE WOULD MOST IMPROVE NEXT WEEK'S ALIGNMENT?

WHAT WILL I PROTECT AS NON-NEGOTIABLE NEXT WEEK?

To waste time is not merely inefficiency. It is irreverence.