

Understand Your Time - Definitions

Most people have a mixture of four time management styles dependent on their current situation, background, training and personality. In most cases, one particular style is more predominant than the others and, although very effective in specific circumstances, this can cause difficulties when taken to extremes.

This is what happens when the four styles are taken to extremes



Gut Feel	I tend towards the style of		Questionnaire Result	1
	Secondly to			2
	Thirdly to			3
	And least of all to			4