

what type of timekeeper are you?

"you can't change what you don't acknowledge!"



take our 'just for fun, in
no way a diagnosis'
quiz

how do you feel about stationery?

- a** Can't get enough! Planners, journals, pads, pens. You name them I've got them! In fact, I have so many, most of them are still blank!
- b** My old faithful Filofax keeps me on track. It is years old but does the job!
- c** BORING

You are prepping for an exam, do you...

- a** Buy a new planner and spend hours colour coding your revision timetable.
- b** Stock up on energy drinks, you're not stopping until you feel confident you'll get straight As.
- c** Leave it all to the night before and pull an all-nighter.

You have a moment to yourself, how do you feel?

- a** Excited the bubble bath is already running!
- b** Worried that you have forgotten to do something.
- c** Tired, I am off to bed.

How do you feel about being late?

- a** I try not to be late but sometimes its unavoidable
- b** I am never late, the thought of being late makes me anxious!
- c** I made my peace with it years ago.

You're off on holiday. How do you prepare?

- a** Buy a tonne of travel books and create a Pinterest board. The planning is the best bit!
- b** Plan an hour by hour itinerary - I want to make sure I don't miss anything!
- c** Throw a few bits in a suitcase shortly before leaving.

THE RESULTS

mostly As dreamer

Dreamers put their love and attention into planning and strategising. In fact they spend so much time planning that they are rarely left with enough time to do the things.

Doing is boring, dreaming and planning is where their passion lies.

How TOTT will help

We are going to help you achieve the things you have been dreaming about. We know that you have grand plans but sometimes the sheer overwhelm of your lofty ambitions can be so overwhelming that you never get round to starting.

We will help you get there ... one day at a time.



mostly Bs overachiever

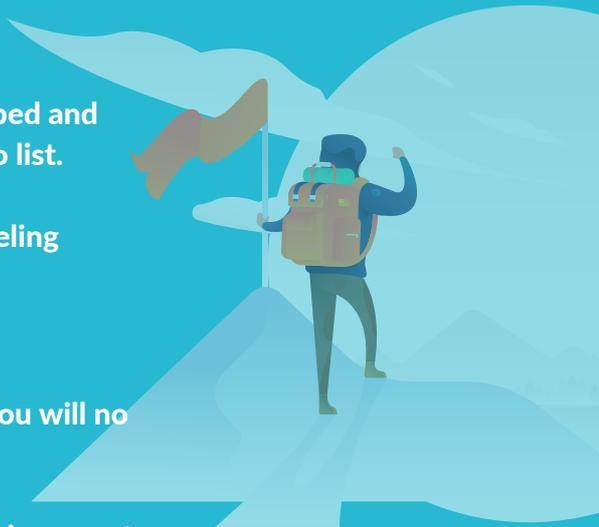
Overachievers try to fit far too much into their day. They climb into bed and berate themselves for not getting through their over-ambitious to-do list.

They try and wring as much out of the day as they can and end up feeling unfulfilled and exhausted.

How TOTT will help

Going through this process is going to be a real eye opener for you. You will no doubt be shocked at how much you are trying to fit into your days.

Not all rewards come in the shape of promotions and quantifiable achievements. We are going to help you make time for lie-ins and bubble baths!



mostly Cs spendthrift

Spendthrifts have no idea where all of their time goes. They get to the end of the time wondering how they whiled away the hours. They know they felt busy but feel like they have nothing to show for it.

A typical spendthrift will be fairly relaxed about most things and their clocks might still be an hour out from the last time they were supposed to go forward or back.

How TOTT will help

We are going to rock your world! Not only that but also the world of the people around you. We are going to help you keep your focus and stay on track ... and get to places on time!

