

# BREATHING SPACE® VS. TIME MANAGEMENT

<b>Criteria</b>	<b>Time Management</b>	<b>Breathing Space</b>
<b>Baseline:</b>	<b>Static</b>	<b>Dynamic</b>
<b>Dimension:</b>	<b>Time</b>	<b>Space</b>
<b>Structure:</b>	<b>Fixed</b>	<b>Adaptable</b>
<b>Vantage point:</b>	<b>Micro/view</b>	<b>Macro/view</b>
<b>Setup:</b>	<b>Low Investment</b>	<b>Medium Investment</b>
<b>Maintenance:</b>	<b>High Investment</b>	<b>Medium Investment</b>
<b>Progression:</b>	<b>Doing</b>	<b>Choosing</b>
<b>Timeout:</b>	<b>Scheduled</b>	<b>Based on energy flow</b>
<b>Governed by:</b>	<b>Rules</b>	<b>Guidelines</b>
<b>Task Orientation:</b>	<b>Reactive</b>	<b>Anticipatory</b>
<b>Payoff:</b>	<b>One-to-one, linear</b>	<b>Repeating, cascading</b>