

Breathing Space[®] vs. Time Management

Criteria	Time Management	Breathing Space
Baseline:	Static	Dynamic
Dimension:	Time	Space
Structure:	Fixed	Adaptable
Vantage point:	Micro/view	Macro/view
Setup:	Low Investment	Medium Investment
Maintenance:	High Investment	Medium Investment
Time Out:	Scheduled	Based on Energy Flow
Progression:	Linear	Multi-dimensional
Governed by:	Rules	Guidelines
Task Orientation:	Reactive	Anticipatory
Results by:	Doing	Choosing