



WHAT'S YOUR TIME MANAGEMENT  
STYLE?

# QUIZ

[FULFILLINGIMPACT.COM](https://fulfillingimpact.com)



# QUIZ

*Instruction: Take this quick quiz to uncover what's secretly draining your time*

**1. How do you usually start your day?**

- A. Hit snooze a few times, then rush into the day
- B. Dive straight into work or family's needs
- C. Try to follow a plan, but it falls apart quickly
- D. Already feeling behind and overwhelmed

**2. Which best describes your to-do list style?**

- A. I don't really use one. I just try to remember everything
- B. I have multiple lists (notebooks, apps, sticky notes...)
- C. I love making lists but rarely finish them
- D. I avoid making lists because they stress me out

**3. When someone asks "How's your day going?" you usually say...**

- A. "Busy, but I'm not sure with what!"
- B. "I haven't stopped, but I'm still behind."
- C. "I feel all over the place."
- D. "I wish I had a second to breathe."

**4. How do you feel at the END of most days?**

- A. Drained and frustrated
- B. Accomplished on paper, but mentally exhausted
- C. Like I was doing things all day, but didn't do what mattered
- D. Guilty for not getting enough done



**5. Which statement sounds most like you?**

- A. I procrastinate or jump between tasks a lot
- B. I say yes to too many things
- C. I plan things out but life always derails me
- D. I spend more time reacting than actually planning

**6. What's your relationship with your calendar or planner?**

- A. I don't really use one consistently
- B. I try, but it's always a mess or incomplete
- C. I like the idea, but it feels too rigid
- D. I have one, but it's packed and doesn't reflect my needs

**7. How often do you get meaningful time for yourself?**

- A. Rarely—I'm always multitasking
- B. Only when I cancel something else
- C. I try, but I feel guilty or anxious about it
- D. Almost never—it's not even on the list

**8. What's your biggest time-related struggle?**

- A. Staying focused and finishing tasks
- B. Feeling like I'm doing everything for everyone else
- C. Having no idea where my time goes
- D. Always running late, rushing, or putting out fires

**9. Which best describes your decision-making during the day?**

- A. I wing it moment to moment
- B. I try to follow a plan, but emergencies pop up
- C. I get stuck deciding what to do next
- D. I don't have time to think. I just react





**10. If you had a free hour, you'd...**

- A. Feel unsure what to do with it
- B. Use it to catch up on chores/tasks
- C. Try to rest, but probably get interrupted
- D. Feel guilty for not being productive

## RESULTS

### **Mostly A's: The Scattered Starter**

You're busy all day, but without a system, your energy gets scattered.

You likely jump from task to task without structure, leading to frustration and burnout. It's not laziness. You're missing a focused time system. Imagine what you'd get done with a system that supports your brain not fights it.

### **Mostly B's: The Self-Sacrificer**

You give your time freely but there's nothing left for you.

You're showing up for everyone else, but your schedule doesn't reflect your own needs or goals. No wonder you're burned out. You don't need to do more. You need a system that includes YOU.



### **Mostly C's: The Overwhelmed Organizer**

**You love planning but feel defeated when it falls apart. You've tried systems, routines, and checklists, but they don't fit your real life. You're not the problem....the system is. Your brain craves order but needs it to match your life's rhythms.**

### **Mostly D's: The Reactive Responder**

**You're always "on" but never ahead. You wake up behind and spend the day catching up. There's no space to breathe, let alone plan ahead. Peace comes from planning, not perfection.**

## **NEXT STEPS**

**You need a system that fits your life. When you understand your time style, you can stop the cycle of stress and create a plan that finally works **for you**.**

**Want to learn more about creating a personalized time management system?**

**[Click here  
to learn more](#)**