

Appendix B: The Time Matrix

from

The Pursuit of Time & Money

Step into Radical Abundance and Discover the Secret to a Meaningful Prosperous Life

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	HIGH MONEY SCARCITY 1-0-2.25	MODERATE TIME SCARCITY 2.25-3.5	MODERATE TIME ABUNDANCE 3.5-4.75	HIGH TIME ABUNDANCE 4.75-6.0
	<p>"I never have enough time to get it all done."</p> <p>EXPRESSIONS:</p> <ul style="list-style-type: none"> Feelings of constraint or overwhelm Frustration Sense of being chased Feelings of guilt if not productive May feel as though they have no control over day 	<p>"I must be productive and exercise efficient use of time"</p> <p>EXPRESSIONS:</p> <ul style="list-style-type: none"> Torn between time with family and work May have feelings of guilt, anxiousness, stress, frustration when not being productive Sense of being constrained by time 	<p>"Time is fleeting. I should manage it well."</p> <p>EXPRESSIONS:</p> <ul style="list-style-type: none"> Sense of focus Appreciates flexibility Sense of control over own time May enjoy sense of balance Enjoys and appreciates rest and relaxation 	<p>"Time is a precious resource. I should enjoy every moment."</p> <p>EXPRESSIONS:</p> <ul style="list-style-type: none"> Sense of control over own life; freedom to choose how time is utilized Fully present in daily moments of life Gratitude and joy Free from guilt when relaxing or taking time with loved ones
SELF-EFFICACY	<p>INADEQUATE</p> <ul style="list-style-type: none"> May lack ability to plan or focus May lose track of time Busy but not effective May procrastinate May be crisis driven and addicted to urgency May not experience meaningful outcomes May be overly cautious about use of time due to early childhood induced fear of wasting it May shut down when overwhelmed 	<p>MODERATE</p> <ul style="list-style-type: none"> Workaholic potential May have over stringent time management practices Slave to schedule or calendar Honors commitments Believes it important to be early or on time to appointments Must keep busy and productive Good at multi-tasking Tries to use time wisely 	<p>CAPABLE</p> <ul style="list-style-type: none"> Believes in balance between work and family Sets realistic expectations Uses time with discretion Present in moment Prioritizes time well May be good at multitasking Often considerate of other's time May be overly confident about ability to manage and take on too much 	<p>PROACTIVE</p> <ul style="list-style-type: none"> Manages time as if finest treasure Great at prioritizing daily activities/events Works and plays equally well Reliable and consistent behaviors related to time May enjoy time alone for contemplation Values other people's time



Continued

	HIGH MONEY SCARCITY	1-0-2.25	MODERATE TIME SCARCITY	2.25-3.5	MODERATE TIME ABUNDANCE	3.5-4.75	HIGH TIME ABUNDANCE	4.75-6.0
EXPERIENCE OF TIME	<ul style="list-style-type: none"> • Passes too quickly • Everything is priority • Time is stressful • Not enough time in day • Everything must be done now! 		<ul style="list-style-type: none"> • Time is scarce • Time is money • Time is fleeting; finite • Time goes faster with age • Time is a limited commodity 		<ul style="list-style-type: none"> • Time is neutral/finite commodity • Must be managed • Time is a continuum that marks the passing of events • Time is always there, a constant • Time is fleeting; don't waste it; make self useful • Time is relative • Time quickens with age 		<ul style="list-style-type: none"> • Time is precious/use wisely • Time is both abstract and concrete • Time should be balanced between work and family • Free time is important; don't waste time on things you don't enjoy • Make the most of every moment • Time is the most valuable thing in life • Time is as valuable as money 	
SENSE OF ACCOMPLISHMENT	<ul style="list-style-type: none"> • Non-existent no matter how much actually gets done 		<ul style="list-style-type: none"> • Works very hard all day, may accomplish goals but feels as though accomplishes little 		<ul style="list-style-type: none"> • Sense of accomplishment that is not necessarily linked to how much was actually done • Belief that anything can be accomplished • Produces results 		<ul style="list-style-type: none"> • "Live with no regrets" attitude • Balanced perspective on life • Intentional about what is to be accomplished 	
POTENTIAL FOR GENEROSITY	LACK OF GENEROSITY <ul style="list-style-type: none"> • May disregard other people's time • Procrastination may create undue stress on others 		SPORADIC GENEROSITY <ul style="list-style-type: none"> • Giving of one's time is valued in relation to honoring time commitments and being on time • Time for family/recreation may be more task oriented than relational • Efficient use of time includes perspectives on being productive, helping others, and rest and relaxation; may not do this consistently 		INTENTIONAL GENEROSITY <ul style="list-style-type: none"> • Values moments with loved ones • Desires time for others but may struggle with how to balance with work commitments • Always on time/ conscious of others' time 		GENEROUS HEART <ul style="list-style-type: none"> • Freely gives time to family and those in need without expressed feelings of guilt or shame • Enjoys the moment • Time with loved ones is memory-making 	