

Creating Time — The Model

Creating Time consists of two levels, Macro and Micro, each addressing six questions: Who, What, Where, When, Why, and How. The Macro level asks high-level questions about you. Answering these questions helps you to clarify your goals and values, and provides the lens through which you answer the Micro-level questions. The Micro level asks questions about a task, project, or responsibility, helping you to make good decisions—values- and goals-based decisions—about what to do and how to go about it.

