

The Time Keeper – is in control of time

Every individual has a unique time composition, in other words, his or her own 24-hour rhythm, sense of time, and time management.

In addition, research has shown that people, who feel they have control over their own time, are more relaxed, creative, and productive.

A Time Keeper is someone who works at his or her own pace, and who feels it is important to follow this rhythm, rather than fall into any collective performance race.

To become a Time Keeper it is essential that you:

- Become aware of the time culture, which has so far dominated your time conscience
- Become aware of the 24-hour clock in relation to your own sense of time
- Harmonize your time management with your own sense of time

The Aesthetic – chooses the right environment

We are highly affected by those spaces we travel in. To sit in an oval room around a large oak dining table, surrounded by books from the 18th century, gives an entirely different atmosphere, than standing around a red table in a rectangular room with your bare feet in cold water.

The Aesthetic actively creates one or several places, where he or she likes to be. This can be in relation to work or another activity. The trick is, to find a room for inspiration and a room for peace, depending on what activity you are involved in.

To become an Aesthetic it is essential that you:

- Become aware of how different spaces and places affect you
- Become aware of how certain environments can help you perform certain activities
- Find your personal room for inspiration and your room for peace

The Pilot – knows the direction for work and life

Those human beings, who do not have a direction in their lives, are mostly victims of random moments that occur. Others are able to set their own life agenda. It is really too few people, who have realized on what values they navigate their own direction.

The Pilot is able to see life in a larger perspective and has the time, energy, and resources to define his or her life course. The Pilot knows, which navigation points to work from, and is aware that long-term thinking enhances the ability to make short-term decisions.

To become a Pilot it is essential that you:

- Become aware of your inner navigation "equipment", i.e. your brain.
- Become aware of your innate ability to navigate through different choices
- Formulate a life strategy, your fundamental values, and your life standards

Life Navigator – to live is to navigate

The Conductor – chooses the right pace

We are so busy with following all kinds of developments that we react rather than act. We react when we reproduce the efficiency strategies of the industrial past, and when we find fake solace in retro surrogates, such as old TV shows and movies.

The Conductor is a champion in finding the balance between slowness and quickness. Imagine a symphony, which is played in the wrong tempo. Acting demands slowness. A Conductor is able to create a good balance between activities that set the pace up, and activities, which lowers it.

To become a Conductor it is essential that you:

- Become aware of what impact technology and your relations have on you, your life, and your work paces
- Become aware of the relationship between acting and reacting
- Find a balance between quick and slow activities