

Finding Your Time Management Style

with Dave Crenshaw

Variety/Consistency Score Assessment

For each pair of statements, it is likely that you may agree with both to a degree. However, please write the letter (A or B) of the statement you MOST agree with.

#	Statements	Your Answer
1	A. I prefer a rapidly changing schedule. B. I prefer a predictable schedule.	
2	A. Little interruptions are extremely annoying. B. Little interruptions don't bother me that much.	
3	A. My mind is often racing with new ideas. B. My mind is fairly clear and calm.	
4	A. When I have a moment of free time, I'm okay with doing nothing. B. When I have a moment of free time, I immediately want to fill it with something.	
5	A. I get bored with routine. B. A constant routine is desirable.	
6	A. Work is simpler when it is consistent. B. Work is dull when it is consistent.	
7	A. I often seek out new challenges. B. I often like to do the same things over and over.	
8	A. I prefer my work and home environment to be simple and uncomplicated. B. I prefer my work and home environment to be diverse and fun.	
9	A. Change makes the day go by faster. B. Change is very distracting to getting work done.	
10	A. Performing the same tasks over and over is enjoyable. B. Performing the same tasks over and over is painful.	

Consistency

Total number of B responses for all ODD number answers: _____

Total number of A responses for all EVEN number answers: _____

Subtotal **C**: _____

Variety

Total number of A responses for all ODD number answers: _____

Total number of B responses for all EVEN number answers: _____

Subtotal **V**: _____

V – C = _____ Your Variety/Consistency Score

This number indicates the strength of your general desire for variety in your day.

+10 = You have an extreme need for variety and strongly reject consistency.

+5 = You have a moderate need for variety, with only an occasional need for consistency.

0 = You have an equal desire for consistency and variety.

-5 = You have a moderate need for consistency, with only an occasional need for variety.

-10 = You have an extreme need for consistency and strongly reject variety.

The intersection between your **Variety/Consistency Score** and your **Terms of Victory** determine your most likely preferred primary and secondary Rhythms.