

A LIFE THAT FITS



The Time Leak Archetypes

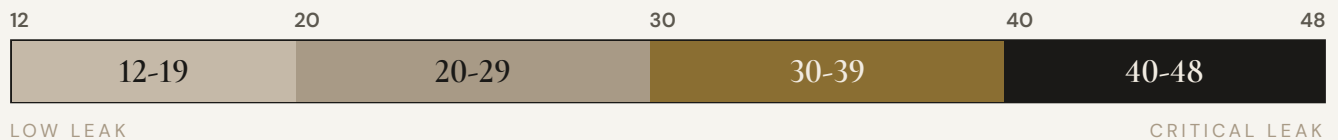
*Seven ways time and energy quietly leak, and what to
do about each one.*

A companion guide to the Time Leak Scan

PARAAG AMIN · A LIFE THAT FITS

Find your zone, then your archetype

Your Time Leak Scan score sits somewhere between 12 and 48. The higher the number, the more time and energy is leaking out of your week. Each band is a zone, and each zone holds one or two archetypes: familiar patterns of how those leaks show up.



Green Zone LOW LEAK SCORE 12-19 Mild leaks, mostly unnoticed. Things work, but small habits are quietly costing you. 01 The Steady Operator p.3	Yellow Zone MODERATE LEAK SCORE 20-29 Stretched and inconsistent. Busy weeks, uneven energy, too much reacting. 02 The Drifter p.4 03 The Overcommitted p.5	Orange Zone HIGH LEAK SCORE 30-39 Overloaded, and feeling it. Your energy and attention are under real strain. 04 The Burner p.6 05 The Fragmented Mind p.7	Red Zone CRITICAL LEAK SCORE 40-48 High pressure, low energy. The load has been building for a while and needs care now. 06 The Ghost Walker p.8 07 The Internal Heavyweight p.9
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Find yours in three steps

- 1 Note your score**
It appears on your results screen, between 12 and 48.
- 2 Find your zone**
Place your score on the scale above.
- 3 Read your archetype**
If your zone holds two, read both and notice which sounds most like your week.

Each archetype page gives you a short overview, your three biggest leaks and quick fixes you can try in the next 48 hours. None of it is a diagnosis. It is a mirror, and a place to start.

01



Green Zone

LOW LEAK

SCORE 12-19



12

48

The Steady Operator

Consistent and capable, but running on routines you have outgrown.

You show up, you are reliable and you get things done. Nothing is on fire. But your days feel flatter than they used to, and your routines have quietly gone stale. Your challenge is not chaos, it is stagnation. Steady turns into slipping when small leaks go unnoticed.

YOUR BIGGEST LEAKS

- i **Micro-habits that drain you**
Small delays, easy choices and comfort patterns that take energy without giving any back.
- ii **Routines you have outgrown**
The morning and evening rhythm that once worked now keeps you flat.
- iii **Background stress that never clears**
Not intense, just a low hum that never quite switches off.

QUICK FIXES FOR THE NEXT 48 HOURS

- ☐ **Tighten your mornings and evenings**
For 48 hours: wake, hydrate, move a little and keep your phone off for the first 20 minutes. Close the day the same way each night.
- ☐ **Choose tomorrow's top three before bed**
You wake with purpose instead of drifting into the day.
- ☐ **Remove one micro-leak today**
Idle phone checks, late-night scrolling, or one decision you do not need to make.

You do not need an overhaul. You need a refresh, and small changes show up fast for you.

02



Yellow Zone

MODERATE LEAK

SCORE 20-29



12

48

The Drifter

You get things done, but drift through days without much structure.

Some days you feel switched on. Others, you drift. Without a clear shape to the day, your energy scatters before it has properly started, and you end up reacting rather than leading. You have the capability. What is missing is a simple structure to channel it.

YOUR BIGGEST LEAKS

- i **Unclear priorities**
Without clarity everything becomes reactive, and you spend time deciding instead of doing.
- ii **Inconsistent routines**
Some mornings you are on it, some you are not, and your energy follows suit.
- iii **Slow starts and transitions**
Time slips away between tasks. Starting is harder than doing.

QUICK FIXES FOR THE NEXT 48 HOURS

- ☐ **Plan tomorrow in three bullets before bed**
It removes morning confusion and gives you a clear first move.
- ☐ **Protect the start of your day**
No messages, meetings or reacting until you have done one thing that matters.
- ☐ **Switch off the scatter for 24 hours**
Pause scrolling, news and rapid app-switching, and notice your focus return.

Drifting is not a lack of ability. It is a lack of anchor points, and those are simple to build.

03



Yellow Zone

MODERATE LEAK

SCORE 20-29



The Overcommitted

You say yes too often and carry responsibilities that are not yours.

You show up for everyone, and you are paying the internal price. Your calendar is full, your mind is full, and your time rarely feels like your own. This is not weakness. It is over-responsibility. When your time is not protected, it gets taken.

YOUR BIGGEST LEAKS

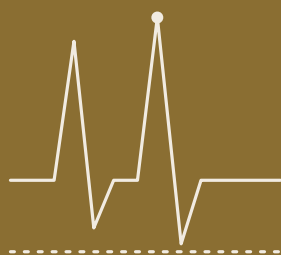
- i **Saying yes on autopilot**
You commit before checking your capacity, and every yes costs energy.
- ii **Calendar overload**
Booked solid, often with things that do not move your work or life forward.
- iii **No protected time**
You rarely get uninterrupted space, and feel guilty when you take it.

QUICK FIXES FOR THE NEXT 48 HOURS

- ☐ **Decline the next request that comes your way**
One clear, kind no frees up space in your week and brings instant relief.
- ☐ **Protect a 60-minute block tomorrow**
Phone off, door closed. This time is yours, and it is not up for negotiation.
- ☐ **Hand back one responsibility**
Choose something you have been carrying that was never yours to hold.

Protecting your time is not selfish. It is how you keep showing up well for the people who rely on you.

04



Orange Zone

HIGH LEAK

SCORE 30-39



12

48

The Burner

You sprint hard, crash hard, and your nervous system never fully resets.

You push hard and move at a pace few people can sustain. From the outside your output looks impressive. Inside, you feel wired, overstimulated and under-rested, caught in a cycle of surge and collapse. Your challenge is not motivation. It is regulation.

YOUR BIGGEST LEAKS

- i **Adrenaline-driven productivity**
You rely on pressure to perform, and it burns through energy fast.
- ii **Recovery that never catches up**
You do not replenish as hard as you work, and sleep struggles to switch you off.
- iii **Energy instability**
At times you are unstoppable, at others barely functional.

QUICK FIXES FOR THE NEXT 48 HOURS

- ☐ **Stabilise your meal and sleep times**
Keep both consistent for 48 hours. Steady inputs create steady energy.
- ☐ **Walk for 5 to 10 minutes after meals**
A simple way to soften the afternoon crash.
- ☐ **Lengthen your exhale**
Breathe in for a count of four, out for six, ten times. It tells your body the pressure is off.

You are not broken. You have simply been running too hot for too long.

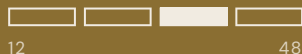
05



Orange Zone

HIGH LEAK

SCORE 30-39



The Fragmented Mind

Notifications, pings, task switching and digital chaos own your attention.

Your mind is always on. Too many inputs, too many tabs, too many switches, and it never gets quiet enough to go deep. You are not lazy or unmotivated. Your system is overstimulated, and your attention is being pulled in every direction at once.

YOUR BIGGEST LEAKS

- i **Focus**
Pings, messages, alerts and open tabs all compete for the same limited attention.
- ii **Constant task switching**
Every switch costs focus, so you rarely reach deep, satisfying work.
- iii **Decision fatigue**
You feel drained before you have even started.

QUICK FIXES FOR THE NEXT 48 HOURS

- ☐ **Turn off all non-essential notifications for 24 hours**
The fastest way to give your attention back to yourself.
- ☐ **Work in a 15-minute single-task block**
One task, one timer, no switching until it ends.
- ☐ **Follow the one-screen rule**
Phone out of sight and out of reach while you work.

Your challenge is not discipline. It is a scattered attention system, and it responds quickly to a little protection.

06



The Ghost Walker

You are moving all day, but disconnected, exhausted and numb.

You are functioning, but not really living. Days pass on autopilot: physically present, mentally elsewhere, emotionally flat. The tiredness is the kind that sleep does not fix. Nothing is obviously wrong, but nothing feels quite right either. Your system is shutting down to protect you.

YOUR BIGGEST LEAKS

- i **Emotional load that never clears**
You feel things, but rarely have the space to process them.
- ii **A chronic stress loop**
Your body stays braced for impact, even on quiet days.
- iii **No real recovery**
Your system never fully resets, so each day starts already depleted.

QUICK FIXES FOR THE NEXT 48 HOURS

- ☐ **Take a two-minute reset break every two hours**
Stand tall. Inhale slowly for a count of four, exhale slowly for four, and repeat.
- ☐ **Step into fresh air for five minutes**
A small interruption that breaks the autopilot.
- ☐ **Let go of one draining obligation**
Choose something small and release it today.

You are not lost. You are running on empty, and the way back starts with small, regular resets.

Red Zone

CRITICAL LEAK

SCORE 40-48



12

48

07



Red Zone

CRITICAL LEAK

SCORE 40-48



12

48

The Internal Heavyweight

You carry mental or emotional tension that you never unpack.

You carry weight that no one else sees. You think deeply and feel deeply, but you rarely get to set any of it down. You keep functioning and producing while, inside, the load keeps building. Your challenge is not stress itself. It is the stress you hold on to.

YOUR BIGGEST LEAKS

- i **Stress recovery**
Your system stays switched on long after the moment has passed.
- ii **Rumination**
Thought loops that replay, rehearse and quietly drain your energy.
- iii **Internal pressure**
You absorb more than you release, and keep most of it to yourself.

QUICK FIXES FOR THE NEXT 48 HOURS

- ☐ **Remove one draining obligation today**
A task, a commitment or a mental load. Even a small one counts.
- ☐ **Take a 10-minute walk outside**
Movement and fresh air help your body let go of what your mind is holding.
- ☐ **Slow, extended exhales**
Breathe in gently and breathe out for twice as long, for a few minutes.

What you carry quietly still costs you. Setting some of it down is where your energy comes back.

Knowing your archetype is the first step

The quick fixes will help you feel a difference within days. The bigger shift comes from closing the leaks that matter most for you, in the right order, with someone in your corner. There are two ways to do that.

01

START HERE

The 7-Day Reset Sprint

Begin with a free session with Paraag. Together you look at your score, find where your time and energy are leaking, and pin down your quickest wins for the week ahead.

- A clear read of your score and archetype
- Your biggest leaks, in order of impact
- Quick wins you can start straight away

02

GO DEEPER

The 30-Day Realignment

Paraag's 30-day programme for rebuilding the rhythm of your week so the changes hold. It is shaped around your archetype and the life you actually want to be living.

- Steadier energy, day after day
- A weekly rhythm that fits your work and life
- Clearer boundaries and calmer focus

Let's look at your score together

A calm, no-pressure conversation about where your time is going and what would free up your week.

[Book your free Diagnostic with Paraag](#)

Time is rarely something you find. It is something you stop losing.

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