

Time and Money Health Check

Date :

This sheet will help you determine how much your time is worth

Examples

Enter your figures below

How much I earn now

How much I earn monthly	1	£	3,200.00	
Number of hours I work to earn this money	2		180	(45h/week)
My current hourly rate is	3 (1/2)	£	17.78	

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How much I'd rather earn

How much do I want to earn monthly	4	£	5,000.00	
Number of hours	5		180	(45h/week)
The new hourly rate is now	6: 4/5	£	27.78	
What is the hourly rate I am 'choosing' not to earn	7 (6-3)	£	10.00	

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My investment value

How much additional money do I want to make monthly in the future	8	£	1,800.00	
What will be the additional income in the next 12 mth	9	£	21,600.00	
What will be the additional income over 10 years	10	£	216,000.00	
How many hours am I committed to invest to learn new skills?	11		240	5h/week - 20h/mth
My hourly investment value is	12 (10/1)	£	900.00	

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Want to go further?

Request a free call with me to discuss your goals <https://nucleusofchange.as.me/call15>