How to Translate in Money the Value of Your Time

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Do not make excuse for your desire to be prosperous, it is a divine desire to be prosperous.

– open yourself to the abundance of the universe

You ought to be rich, you have no right to be poor.

Your supply is equal to your demand. There is no lack of supply, there is just a lack of demand.

Nobody else can limit you, if you want you can limit yourself. All the resource of the universe are at your disposal to be used.

[Yogi Bhajan]
Concepts related to leadership

• Exertive as a leader
  – embrace whatever happen in life and deal with it from your consciousness, so you can realize your intention

• Cohort as a way of discussing issues
  – sharing quality time to achieve a common goal
Practical work – actual expenses

• Estimate actual expenses of living covering basic demands
  – per category of expenditure including food, housing but also holidays and reserve for unexpected costs

• Meditation to change context in your mind and help you have different perception of the situation (3 min)
Understand situation

• Develop your own perception
  – to have the wanted conception and deliverance

• For your work, estimate effective
  – cost (including your energy, health,...)
  – time (including preparation, education,...)
  – impact
Practical work – projective expenses

• Estimate projective budget of living by the desired standard
  – that should serve you to achieve your mission
  – when doing it, relate to money as energy that has to flow -> keep balance in giving and receiving

• Meditation to relax preconceptions (3min+3 min+3min)
Practical work – value of a working hour

• Projective working hours per month and daily schedule
  – estimate the wanted number of working hours per week/month
  – understand your own rhythm and ensure balance in life
    • what time of the day do you want to work and how many days per week
  – divide 24 hours to cover four kind of activities
    • make the proportions as you want them in your life

• Projective value of one working hour
  1 hour work [EUR] = monthly budget [EUR] / monthly working hours
  – understand if it is a realistic value per hour
    • given your level of expertise, impact, consequence, effect of your
dedication of time and benefit it bring to others (improve quality of
t heir life)
Practical work - present your competitive advantages (uniqueness)

• Present what you are delivering/selling
  – Preface/contextualization
  – What you are delivering
  – How it works
  – Matter of facts

• Meditation to overcome self-imposed imaginary incapacities (3min + 3 min + 3min)
Self-reliance is crucial for leaders

• Obtain self-reliance
  – challenge yourself to raise your virtues: self-trust, self-esteem, self-worth
  – lack of self-worth reinforces the downfall into insecurity that is further lowering the self-worth

• Develop self-authority (self-discipline) and caliber (capability to deal with difficult situations)
“Whether you will live consciously or you will not live consciously, that’s the question.”

[Yogi Bhajan]