

How to Translate in Money the Value of Your Time

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Background

- *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 Bhanjan]

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

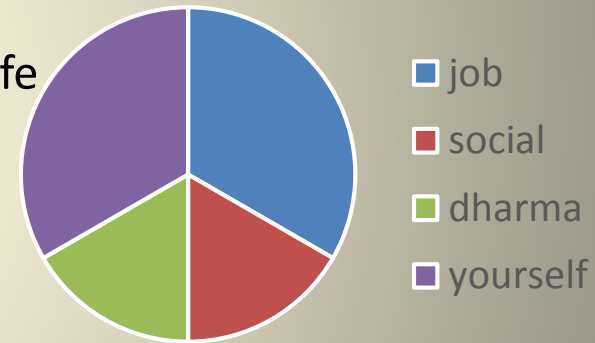
- Develop your own perception
 - to have the wanted conception and deliverance
- For your work, estimate effective
 - cost (including your energy, health,...)
 - time (including preparation, education,...)
 - impact

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 their 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 Bhaian]