

PEACEFUL PRODUCTIVITY

ASSESSMENT TOOL

Peaceful productivity has 3 contributing factors:

1. *Value Produced*
2. *Time Spent*
3. *Stress Level*

Peaceful productivity is a balance of these 3 levers. You have the ability to manage the levels of each one.

INSTRUCTIONS: COMPLETE THE QUESTIONS BELOW TO FIND OUT YOUR SCORE

Value Produced

Using money as a proxy for value produced, what was your gross annual income from work last year?

i.e. \$100,000 per year

Time Spent

How many hours did you spend producing that value last year?

i.e. 40 hrs per week x 50 weeks = 2,000 hrs

Stress Level

How much of the time do you feel stressed about your work?

i.e. 80% of the time

CALCULATE YOUR SCORE:

Value Produced / Time Spent / Stress Level = Peaceful Productivity Score

Example: \$100,000 / 2,000 hrs / 80% = 63

Example: \$80,000 / 1,680 hrs / 20% = 238

UNDERSTANDING YOUR SCORE

This formula provides insight into the 3 different factors that play a role in your productivity. Notice that less time and stress yields a higher score, even when the value produced is less.

Which factor is more important to you? To dive a little deeper into ways to maximize your income, without increasing your time or stress, book a free consultation with Kim today.

Check out www.FinancialWellnessCoach.ca for additional resources and to schedule your **free** coaching consultation.