

The Cost of Procrastination

You know that old saying "time is money"? Do you really know what your time is worth?

Well, there are two very simple, basic ways to gain at least two hours in your day:

- Sleep less: The average person really only needs between six and eight hours.
- Watch less television: The average American watches approximately three hours per day.

Take the steps necessary today to stop procrastinating, daydreaming, being inefficient and missing out on the life you desire.

How about a different perspective on the value of your time? The chart below shows what time is worth by the hour and by the minute based on a 40-hour workweek:

Annual earnings are:	Every hour is worth:	Each minute is worth:	Annual value of 15 minutes wasted per day:
\$45,000	\$21	\$0.36	\$1,406
\$50,000	\$24	\$0.40	\$1,563
\$60,000	\$29	\$0.48	\$1,875
\$70,000	\$33	\$0.55	\$2,188
\$80,000	\$38	\$0.63	\$2,500
\$90,000	\$43	\$0.71	\$2,813
\$100,000	\$48	\$0.79	\$3,125
\$125,000	\$59	\$0.99	\$3,906
\$150,000	\$71	\$1.19	\$4,688
\$175,000	\$83	\$1.39	\$5,469
\$200,000	\$95	\$1.58	\$6,250
\$225,000	\$107	\$1.78	\$7,031
\$250,000	\$119	\$1.98	\$7,813

One more way to gain time in your day.

Discover why you may procrastinate. Here are the top ten reasons we procrastinate: (in alphabetical order) Avoidance, Fear of failure, Feeling Overwhelmed, Lack of Commitment, Low Self-Esteem, Not A High Enough Priority, Perfectionism, Resentment, Undervaluing the Rewards, You Just Plain Don't Want To

In our quest for success and search for the easy answer, we must always ask the question "Why am I doing what I am doing?"

For the complete article, "The top ten reasons we procrastinate"

Simply visit http://www.organize-u.com/Press_Room/Procrastination.htm

Have a successful day.

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"You've got a lot to lose by being disorganized!"