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## Dear Customer,

The Synergy Institute offers a whole line of ready to use Personal Development workbooks, forms, and visually-descriptive handouts in ready-to-print PDF format for you to use and it's 100% free! Our commitment has always been to provide the most effective tools for personal transformation and put them in the hands of the people who need them the most. Please feel free to print out and share these valuable resources with your friends, family and co-workers.

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[SynergyInstituteOnline.com](http://SynergyInstituteOnline.com) is one of the top personal development sites on the internet. Our site gets approximately 1,500 visitors a day who are looking for self improvement and personal growth advice and solutions. The Synergy Forms Bank offers hundreds of Personal and Professional forms, questionnaires, and visually-based material designed by the Synergy Institute and 100% free to our users.

### Benefit from viral online and offline marketing

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For more information, please contact Tristan Loo at: [info@SynergyInstituteOnline.com](mailto:info@SynergyInstituteOnline.com)

## What is the Synergy Institute?

The Synergy Institute is a personal development publishing and training company based out of San Diego, California. Our mission is to provide the tools and the education needed to help as many people as we can create a positive change in their lives.

### We offer:

- Life & Personal Coaching Services
- Self Improvement Resource Publishing
- Corporate Soft-Skills Training
- Personal Growth Seminars
- Personal Development Products

## Who is Tristan Loo?

**Tristan Loo** is a professional Life Coach, Author, Presenter and Founder of the Synergy Institute. He is internationally recognized as authority on human potential, communication and personal effectiveness. Tristan's amazing success rate at having his clients reach their goals has him in high demand all over the world and has attracted the attention of an A-list clientele. His methods have been successful in helping people achieve their happiness in life where traditional approaches have consistently failed. In business settings, Tristan's practical techniques have consistently increased motivation, improved communication and increased sales. Tristan has coached clients in the United States, Canada, Great Britain, Ireland, Australia and India.

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# What is Your Time Worth?

## A Break-Down of What Your Minutes Are Actually Worth

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This chart is based off your annual salary and how many days, hours, and minutes there are in a year. When we break down exactly how much each individual day, hour and minute is worth to us, we can better understand the real value of our time, whether it is professional or personal and start living it as if time were money.

If You Earn...	Every Day is Worth...	Every Hour is Worth...	Every Minute is Worth...	One Wasted Hour a Day Will Cost You Each Year ...
\$20,000	\$55	\$2.29	\$0.038	\$836
\$30,000	\$82	\$3.42	\$0.057	\$1248
\$40,000	\$109	\$4.57	\$0.076	\$1668
\$50,000	\$137	\$5.70	\$0.095	\$2080
\$60,000	\$164	\$6.85	\$0.114	\$2500
\$70,000	\$192	\$7.99	\$0.133	\$2916
\$80,000	\$219	\$9.13	\$0.152	\$3332
\$90,000	\$246	\$10.27	\$0.171	\$3749
\$100,000	\$274	\$11.42	\$0.190	\$4168
<b>Customize Your Own</b>	<b>Income / 365</b>	<b>Income / 8760</b>	<b>Income / 525600</b>	<b>(Every Hour is Worth) x 365</b>

A person who is frugal with their dollar, might think nothing of wasting their time because they don't perceive their time to be worth anything. A person's wealth and success in life is directly related to how much value they place on their time.

When you are thinking about doing an activity, think in terms of what it will cost you in dollars and cents, rather than in hours and minutes. If you train your mind to think of time as money, you will undoubtedly become more contentious about how you spend your time.