

TRACKING WHAT I DO...VERSUS WHAT I SAY I'LL DO

& SCORING SATISFACTION

A CHANGE WAS NEEDED



A CHANGE WAS MADE. PAINFULLY. ALTERNATIVES?



DREAM -> SAY -> DO ->ANALYZE...REPEAT



Cash & Credit Club | Elizabeth

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Normal text

Arial

12

Q1, end of 2017 below this line: 10/2-12/31

Monday, Dec 18-Sunday, Dec 31

Professional: 3 Credit, 3 Cash, % Time. Personal: Health, Learning, Community/Social, Money, Home. **Bolds** are compulsory.

Professional

Credit

1. ~~Book proposal editing: send in by eod Monday night, respond to any Hannah questions~~

2. ~~EEG research: at least 2 graphs~~

3. After NYE

a. send e-cards to clients and partners (cheryl, tara, jesse & varun, catalant ppl, amy, howard after i've sent him the new package i'll send a new year's card, etc)

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Heading numbers format

As Is

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Monday, Dec 11-Sunday, Dec 17

Monday, Dec 4 - Sunday, Dec 10

Tuesday, November 28-Sunday, Dec 3

Monday, November 20-Sunday, November 26

Monday, November 13-Sunday, November 19

Monday, November 6-Sunday, November 12

Monday, Oct 23-Saturday, Nov 4

Sunday, Oct 15 - Sunday, Oct 22

Sunday, Oct 9 - Sunday, Oct 14

Monday, Oct 2-Oct 8

Q4, 2017 below this line: 7/1-9/30

Monday, Sept 25-Oct 1

Monday, Sept 11-Saturday, Sept 23

Tuesday, September 4 - Saturday, Sept. 9

Thursday, August 24 - Saturday, September 2

Monday, August 14 - Tuesday, August 22

Monday, August 7 - Sunday, August 13

Monday, July 31 - Saturday, August 5

Monday, July 24 - July 30

Monday, July 17-Sunday, July 23:

Monday, July 10-Sunday, July 16

July 4-July 9

June 26-July 3:

Rules of the Cash & Credit Club

Say to Do tracking

Annual and Quarterlv ogoals

☒ Always open for this document

- b. Article draft

c. EEG research next steps with Amy - look at deadlines on funding

d. Product? Funding options/prep through Gust

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Rules of the Cash & Credit Club

Say to Do tracking

Annual and Quarterly goals

☒ Always open for this document

SUCCESS = AVOIDING PUNISHMENT?

Eli Cash & Credit Club Sprints			Eli annual and quarterly goals				
Quarterly Dates	Professional (overall)	Cash	Credit	Time %	Personal	Overall %	Consequence
6/26-7/3	81.00%	83.00%	81.00%	87.90%	89.00%	84.20%	Reward
7/4-7/9	85.83%	100.00%	70.00%	87.50%	60.00%	75.50%	Punishment
7/10-7/16	82.83%	40.50%	96.00%	112.00%	65.00%	75.70%	Punishment
7/17-7/23	70.17%	45.00%	62.50%	103.00%	53.60%	63.54%	Punishment
7/24-7/30	70.67%	82.00%	40.00%	90.00%	82.78%	75.51%	Punishment
7/31-8/5	58.94%	56.00%	58.33%	62.50%	88.88%	70.92%	Punishment
8/6-8/13	86.67%	100.00%	100.00%	60.00%	66.67%	83.67%	Reward
8/14-8/22	73.50%	82.50%	30.00%	108.00%	66.67%	70.77%	Punishment
8/24-9/2	79.70%	93.30%	83.30%	62.50%	84.00%	82.42%	Reward
9/4-9/9	80.83%	100.00%	75.00%	67.50%	0.00%	48.50%	Punishment
9/11-9/23		100.00%	50.00%		100.00%		Vacation
9/25-10/1	75.00%	75.00%	65.00%	85.00%	80.00%	80.00%	Nothing
Q1 Dates	Professional (overall)	Cash	Credit	Time	Personal	Overall %	Consequence
10/2-10/8	80.89%	100.00%	66.67%	76.00%	91.40%	85.09%	Nothing
10/9-10/14	88.33%	100.00%	50.00%	115.00%	100.00%	93.00%	Nothing
10/15-10/22	95.83%	100.00%	50.00%	137.50%	100.00%	97.50%	Nothing
10/23-10/31	106.67%	100.00%	100.00%	120.00%	100.00%	104.00%	Nothing
11/1-11/12	77.92%	95.00%	80.00%	58.75%	80.00%	81.75%	Nothing

SCORING

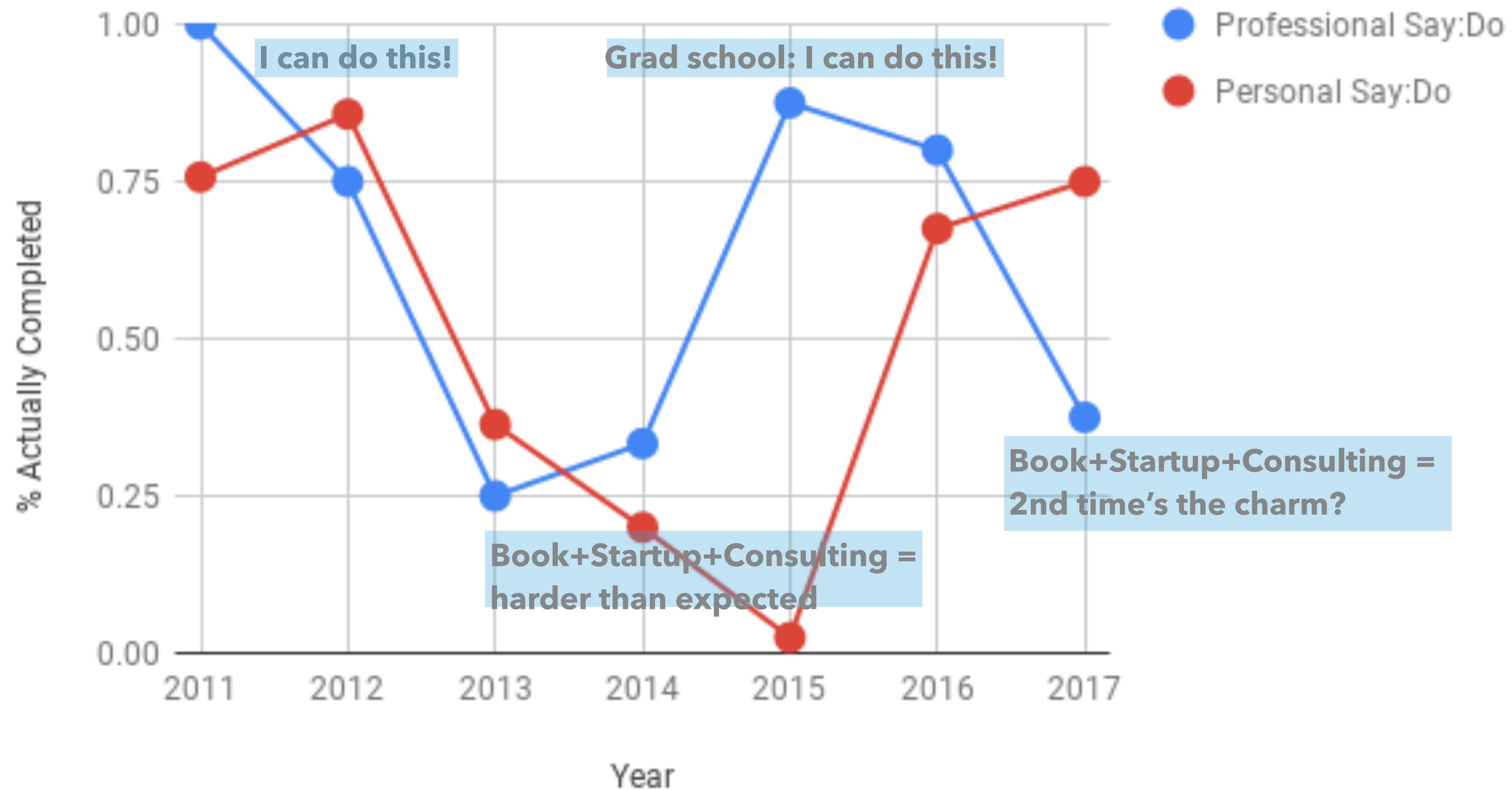
Professional = average (cash activities %, credit activities %, time completion %)

Personal = average (% complete across a few activity categories including: health, money, community, relationship, housekeeping, community/social, learning and fun, etc)



FROM SAY -> DO: PROFESSIONAL & PERSONAL

Say-Do: Professional and Personal: 2011-2017



LIFE SATISFACTION SCORING: MEASURE -> UNDERSTAND -> CONTROL

Professional

Career/Business/School Life – how is it going, level of satisfaction, do you love what you’re doing, what do you strive for

Choose ▼

Health

Health – physical, mental & emotional

Choose ▼

Spirituality

Spirituality – however you define this

Choose ▼

Fun & Adventure

Fun & Adventure – vacations, self-indulgent time, out-of-the-ordinary events

Choose ▼

Learning

Learning - about things you are not taking the time for like flying or guitar

Choose ▼

Personal Space

Personal space – is your personal space organized, immaculate, clutter-free, etc.?

Choose ▼

Timestamp	Family	Money	Time	Home	Personal Space
	5 A 6 that's been around a while. Still not intolerable but likely the issue or the necessary remedial steps are being actively avoided.	5 A 6 that's been around a while. Still not intolerable but likely the issue or the necessary remedial steps are being actively avoided.	4 Getting to be intolerable...but not yet. Requires a great deal of justification and/or denial to continue this number at a sustained rate.	8 Highly satisfactory state of affairs. Significant additional focused effort will be needed to elevate rating to a 9. A source of pride.	8 Highly satisfactory state of affairs. Significant additional focused effort will be needed to elevate rating to a 9. A source of pride.
3/23/2015 3:18:52					
3/23/2015 3:18:51	5	5	4	8	8
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4/8/2015 19:34:31					
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Measured 1x/yr or more (ideally, end of year)

LIFE SATISFACTION SCORING: MEASURE -> UNDERSTAND -> CONTROL

<div>Professional</div> <div>Career/Business/School Life – how is it going, level of satisfaction, do you love what you’re doing, what do you strive for</div> <div>Choose</div>
<div>Health</div> <div>Health – physical, mental & emotional</div> <div>Choose</div>
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LIFE SATISFACTION SCORING: A MEANINGFUL SCALE

Home

Home – do you like your house or apartment? Does it reflect you wel? How does it feel and look?
Does it feel like home?

Choose ▼

Time

Time - how well you manage your time, to-do's, and scheduling? Is there anything you wish you'd get
back to the

Choose

10 Perfect. Unsustainable state of affairs. Reserved for individual episodes and fleeting moments.

9 Highest sustainable rating for a category.

8 Highly satisfactory state of affairs. Significant additional focused effort will be needed to elevate rating to a 9. A source of pride.

7 Solid, can't complain, coasting because it's good enough but not a source of pride.

6 Weak, but not painful. Frayed around the edges. Can talk oneself into it being a 7 but it's not easy. Needs work but doesn't have to be today.

5 A 6 that's been around a while. Still not intolerable but likely the issue or the necessary remedial steps are being actively avoided.

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3 Things are bad. Very bad. It is not yet life threatening or a point of no return, but close.

2 Things are hopeless. You wonder why you exist. There is much pain. Virtually unbearable.

1 Fleeting moments of hell. Unsustainable level of displeasure.

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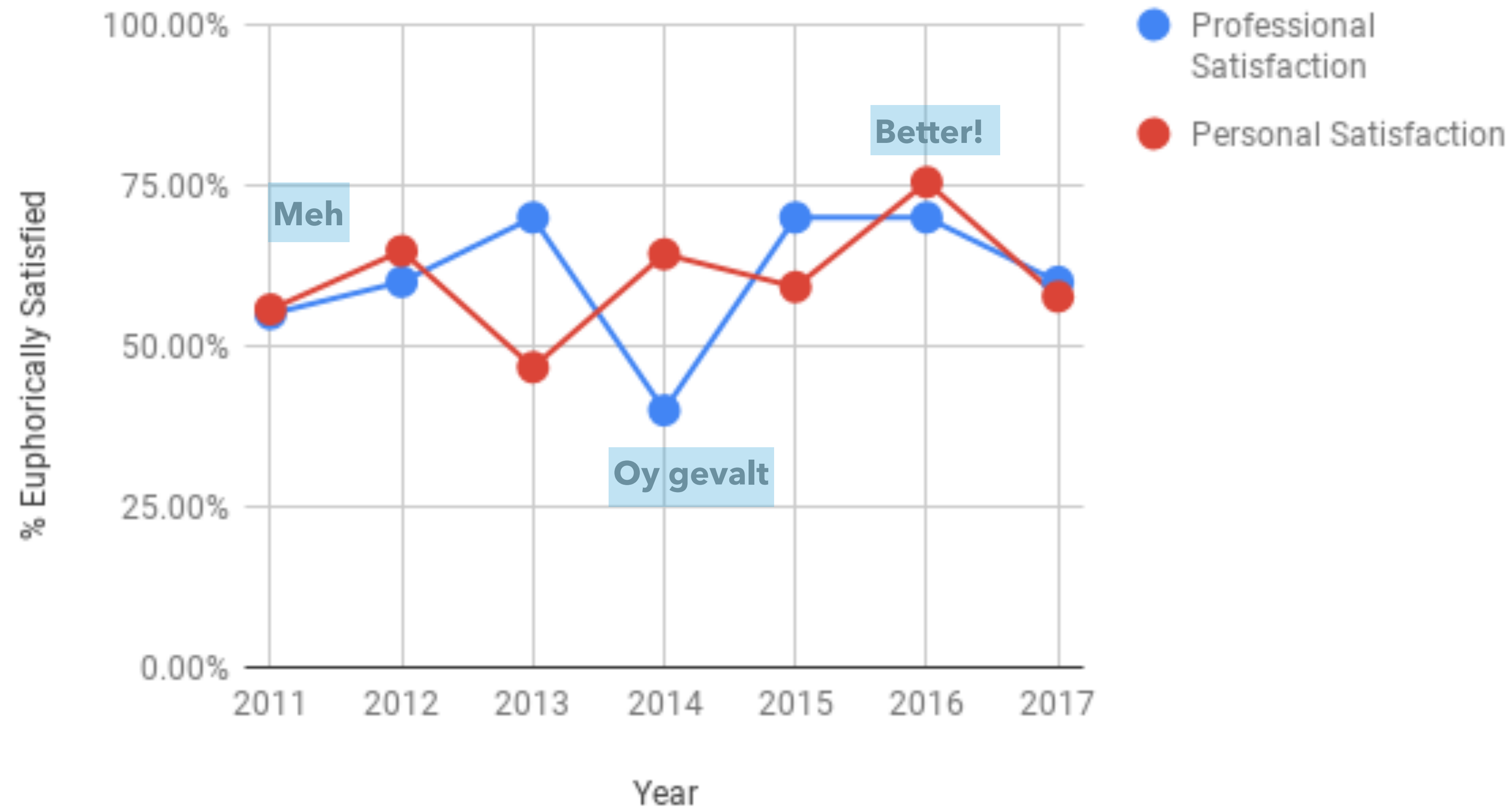
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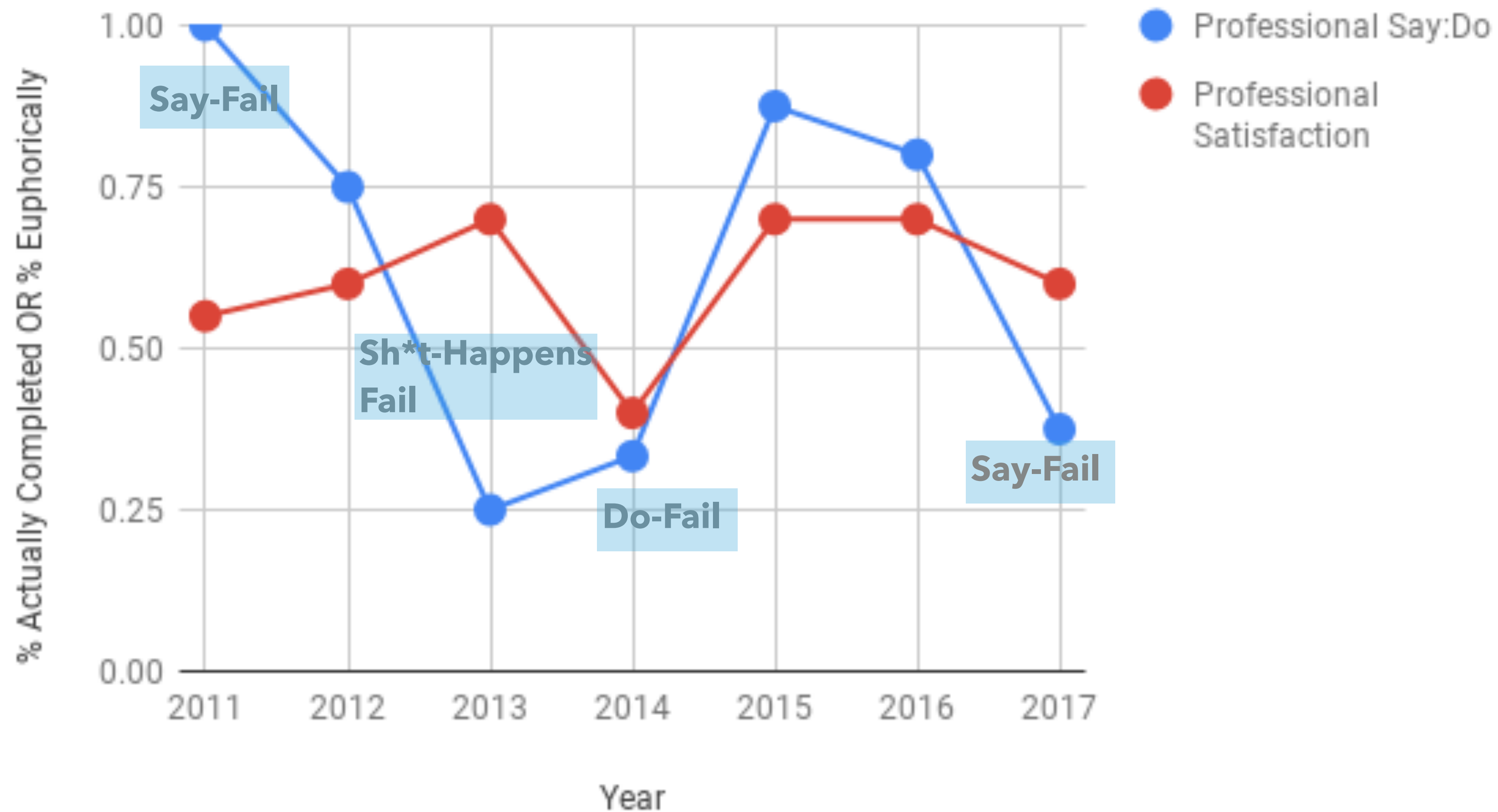
SATISFACTION: PERSONAL & PROFESSIONAL

Satisfaction: Professional and Personal: 2011-2017



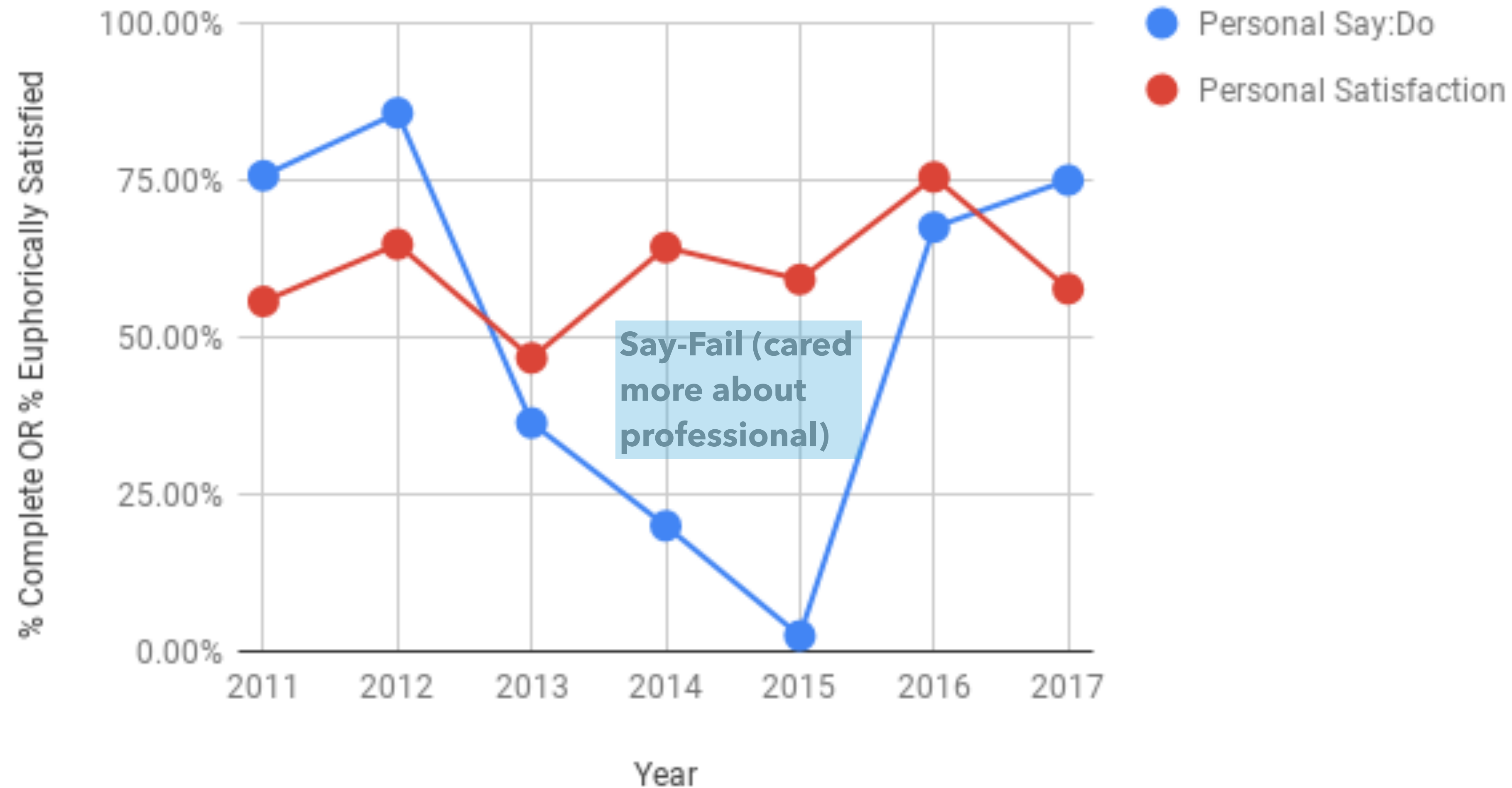
PROFESSIONAL: SAY/DO & SATISFACTION DISPARITIES

Professional Say:Do and Professional Satisfaction: 2011-2017



PERSONAL: SAY/DO & SATISFACTION DISPARITIES

Personal: Say/Do and Satisfaction: 2011-2017



CORRELATIONS: FROM SAY -> DO -> LIFE SATISFACTION?

► D	E	F	G	H
By end of year	Say-Do Professional	Say-Do Personal	Professional Satisfaction	Personal Satisfaction
2011	100.00%	75.71%	5.50	5.57
2012	75.00%	85.71%	6.00	6.48
2013	25.00%	36.36%	7.00	4.67
2014	33.33%	20.00%	4.00	6.43
2015	87.50%	2.50%	7.00	5.92
2016	80.00%	67.50%	7.00	7.56
2017	37.50%	75.00%	6.00	5.78
Correlation: Say-Do Professional vs Satisfaction subcategory	1.00	0.22	0.23	0.36
Correlation: Say-Do Personal vs Satisfaction subcategory	0.22	1.00	0.01	0.21

SURPRISE CORRELATIONS: FROM SAY \rightarrow DO \rightarrow LIFE SATISFACTION?

[illegible]



- I'm Eli Ricker, founder of NeuroEducate
 - Email me at info@neuroeducate.com
 - Want access to my Say-Do and Life Satisfaction scoring system? Sign up at www.neuroeducate.com/events
 - Credits: My accountability partners over the years: Pia, Steph. Inspiration on personal satisfaction tracking system: Handel Group. Many discussions: my fiancé Varun Ganapathi. Also, thank you, Google Apps.
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