

How much is my time worth?

The following table calculates the actual hourly cost of time for people at various income levels. The value of each of your hours, even each of your minutes... is something to bear in mind when you plan your day and when you review your diary record. Look at your time as money to invest. Plan to gain a return on your investment and at your day-end summary when you can congratulate yourself for good investments and also pinpoint any that may not bear as high a yield. Remember you are also investing the time of the people who report to you and that you consume the time of others, peers, customers and suppliers, consider these costs too.

Salary per Annum	Salary per Week	40% Benefits Per week	Value per week	Value per hour	Value per Minute
£5,000.00	£96.15	£38.46	£134.62	£3.37	£0.06
£6,000.00	£115.38	£46.15	£161.54	£4.04	£0.07
£7,000.00	£134.62	£53.85	£188.46	£4.71	£0.08
£8,000.00	£153.85	£61.54	£215.38	£5.38	£0.09
£9,000.00	£173.08	£69.23	£242.31	£6.06	£0.10
£10,000.00	£192.31	£76.92	£269.23	£6.73	£0.11
£15,000.00	£288.46	£115.38	£403.85	£10.10	£0.17
£20,000.00	£384.62	£153.85	£538.46	£13.46	£0.22
£25,000.00	£480.77	£192.31	£673.08	£16.83	£0.28
£30,000.00	£576.92	£230.77	£807.69	£20.19	£0.34
£35,000.00	£673.08	£269.23	£942.31	£23.56	£0.39
£40,000.00	£769.23	£307.69	£1,076.92	£26.92	£0.45
£45,000.00	£865.38	£346.15	£1,211.54	£30.29	£0.50
£50,000.00	£961.54	£384.62	£1,346.15	£33.65	£0.56
£55,000.00	£1,057.69	£423.08	£1,480.77	£37.02	£0.62
£60,000.00	£1,153.85	£461.54	£1,615.38	£40.38	£0.67
£65,000.00	£1,250.00	£500.00	£1,750.00	£43.75	£0.73
£70,000.00	£1,346.15	£538.46	£1,884.62	£47.12	£0.79
£75,000.00	£1,442.31	£576.92	£2,019.23	£50.48	£0.84
£80,000.00	£1,538.46	£615.38	£2,153.85	£53.85	£0.90
£85,000.00	£1,634.62	£653.85	£2,288.46	£57.21	£0.95
£90,000.00	£1,730.77	£692.31	£2,423.08	£60.58	£1.01
£95,000.00	£1,826.92	£730.77	£2,557.69	£63.94	£1.07
£100,000.00	£1,923.08	£769.23	£2,692.31	£67.31	£1.12
£125,000.00	£2,403.85	£961.54	£3,365.38	£84.13	£1.40
£150,000.00	£2,884.62	£1,153.85	£4,038.46	£100.96	£1.68
£175,000.00	£3,365.38	£1,346.15	£4,711.54	£117.79	£1.96
£200,000.00	£3,846.15	£1,538.46	£5,384.62	£134.62	£2.24
£225,000.00	£4,326.92	£1,730.77	£6,057.69	£151.44	£2.52
£250,000.00	£4,807.69	£1,923.08	£6,730.77	£168.27	£2.80
£275,000.00	£5,288.46	£2,115.38	£7,403.85	£185.10	£3.08
£300,000.00	£5,769.23	£2,307.69	£8,076.92	£201.92	£3.37
£325,000.00	£6,250.00	£2,500.00	£8,750.00	£218.75	£3.65
£350,000.00	£6,730.77	£2,692.31	£9,423.08	£235.58	£3.93
£375,000.00	£7,211.54	£2,884.62	£10,096.15	£252.40	£4.21
£400,000.00	£7,692.31	£3,076.92	£10,769.23	£269.23	£4.49
£425,000.00	£8,173.08	£3,269.23	£11,442.31	£286.06	£4.77
£450,000.00	£8,653.85	£3,461.54	£12,115.38	£302.88	£5.05
£475,000.00	£9,134.62	£3,653.85	£12,788.46	£319.71	£5.33
£500,000.00	£9,615.38	£3,846.15	£13,461.54	£336.54	£5.61