

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

File Edit View Insert Format Tools Add-ons Help All changes saved in Drive

100% 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
  - 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)

32 of 58

b. Article draft

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

d. Product? Funding options/prep through Gust

Table of contents

Heading numbers format As Is

Display until level 3

Monday, Jan 1-Sunday, Jan 7: gave myself a

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

Monday, Dec 18-Sunday, Dec 31

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 Quarterly goals

Always open for this document



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

Cash & Credit Club | Elizabeth

File Edit View Insert Format Tools Add-ons Help All changes saved in Drive

100% 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)

32 of 58

b. Article draft  
c. EEG research next steps with Amy - look at deadlines on funding  
d. Product? Funding options/prep through Gust

Table of contents

Heading numbers format As Is

Display until level 3

Monday, Jan 1-Sunday, Jan 7: gave myself a  
\*\*\*Q1, end of 2017 below this line: 10/2-12/31\*  
Monday, Dec 18-Sunday, Dec 31  
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 Quarterly goals

Always open for this document



# SUCCESS = AVOIDING PUNISHMENT?

<u>Eli Cash &amp; Credit Club Sprints</u>			<u>Eli annual and quarterly goals</u>				
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
3/23/2015 3:18:52	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 3:18:51	5	5	4	8	8
4/8/2015 19:34:31	8 Highly satisfactory state of affairs. Significant additional focused effort will be needed to elevate rating to a 9. A source of pride.	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.	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.	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.
4/8/2015 19:34:30	8	4	5	9	8
	8 Highly satisfactory state of affairs. Significant additional focused effort will be needed to elevate rating to a 9. A source of	5 A 6 that's been around a while. Still not intolerable but likely the issue or the necessary remedial steps are being actively	5 A 6 that's been around a while. Still not intolerable but likely the issue or the necessary remedial steps are being actively	5 A 6 that's been around a while. Still not intolerable but likely the issue or the necessary remedial steps are being actively	4 Getting to be intolerable...but not yet. Requires a great deal of justification and/or denial to continue this number at a

Measured 1x/yr or more (ideally, end of year)



# 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



Measured 1x/yr or more  
(ideally, end of year)



# LIFE SATISFACTION SCORING: A MEANINGFUL SCALE

## Home

Home – do you like your house or apartment? Does it reflect you well? 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

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.

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.

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.

Measured 1x/yr or more (ideally, end of year)



# LIFE SATISFACTION SCORING: A MEANINGFUL SCALE

## Home

Home – do you like your house or apartment? Does it reflect you well? 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

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.**

**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.**

**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.**

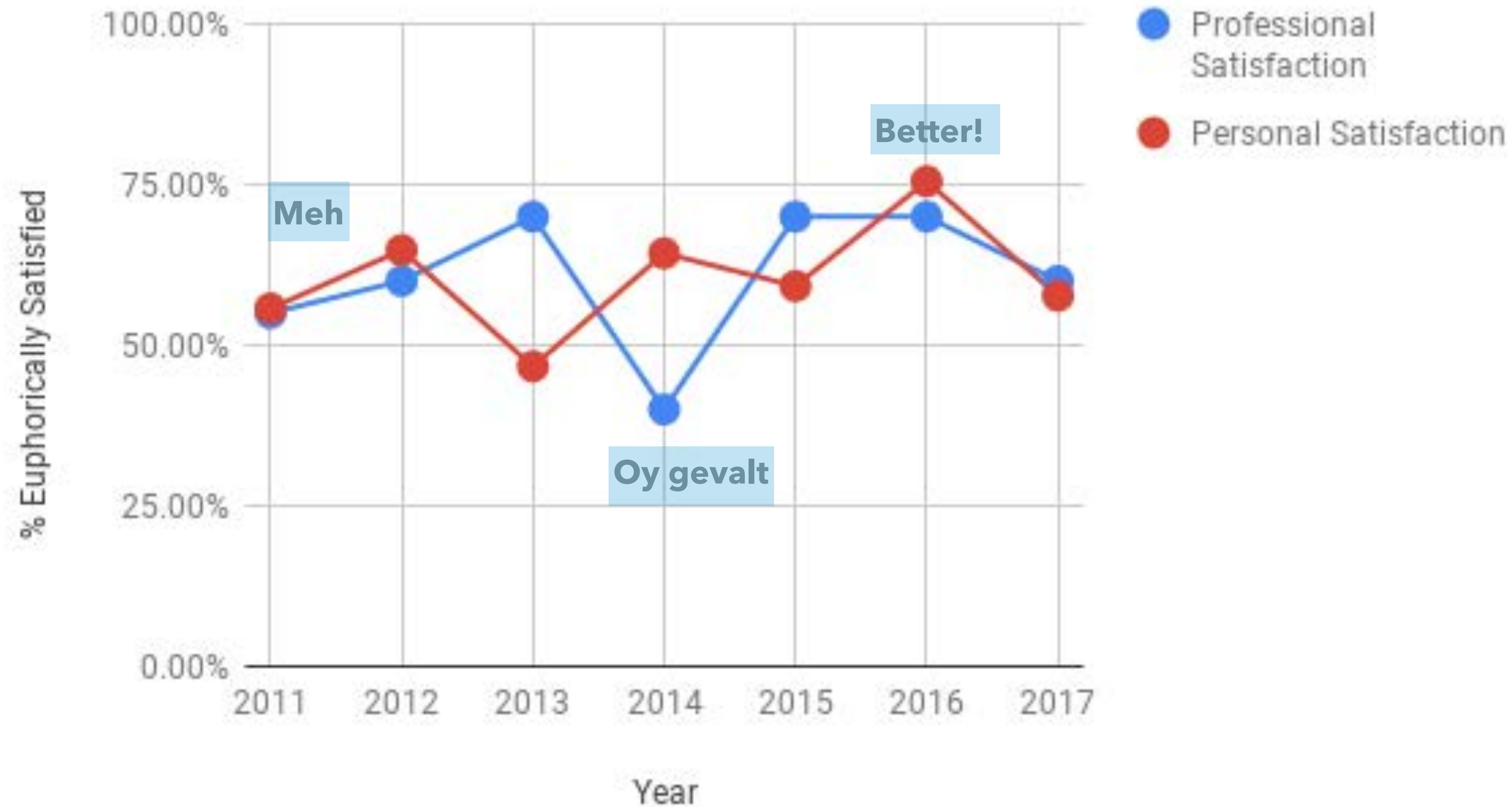
**1 Fleeting moments of hell. Unsustainable level of displeasure.**

Measured 1x/yr  
or more (ideally,  
end of year)



# SATISFACTION: PERSONAL & PROFESSIONAL

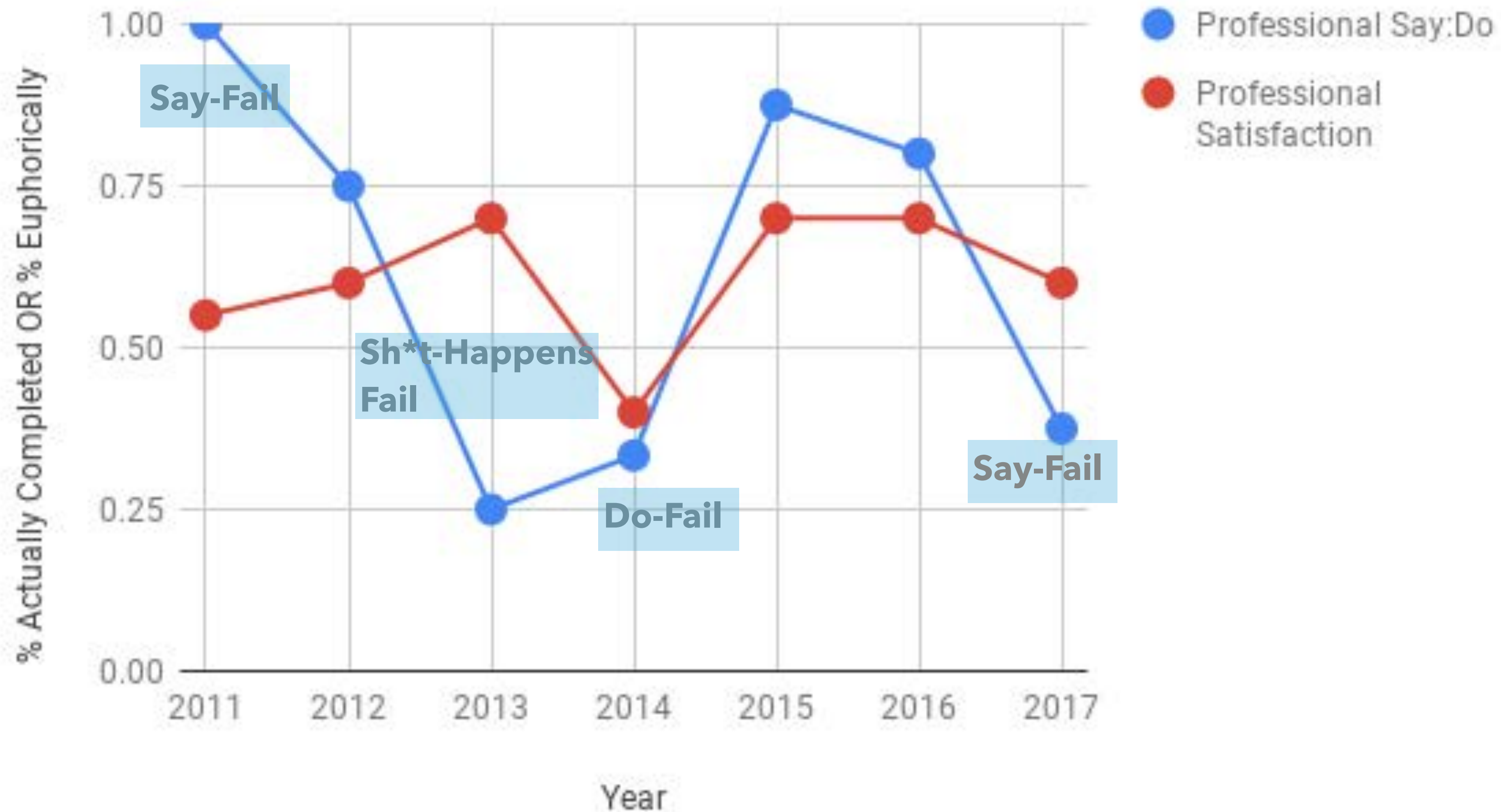
Satisfaction: Professional and Personal: 2011-2017





# PROFESSIONAL: SAY/DO & SATISFACTION DISPARITIES

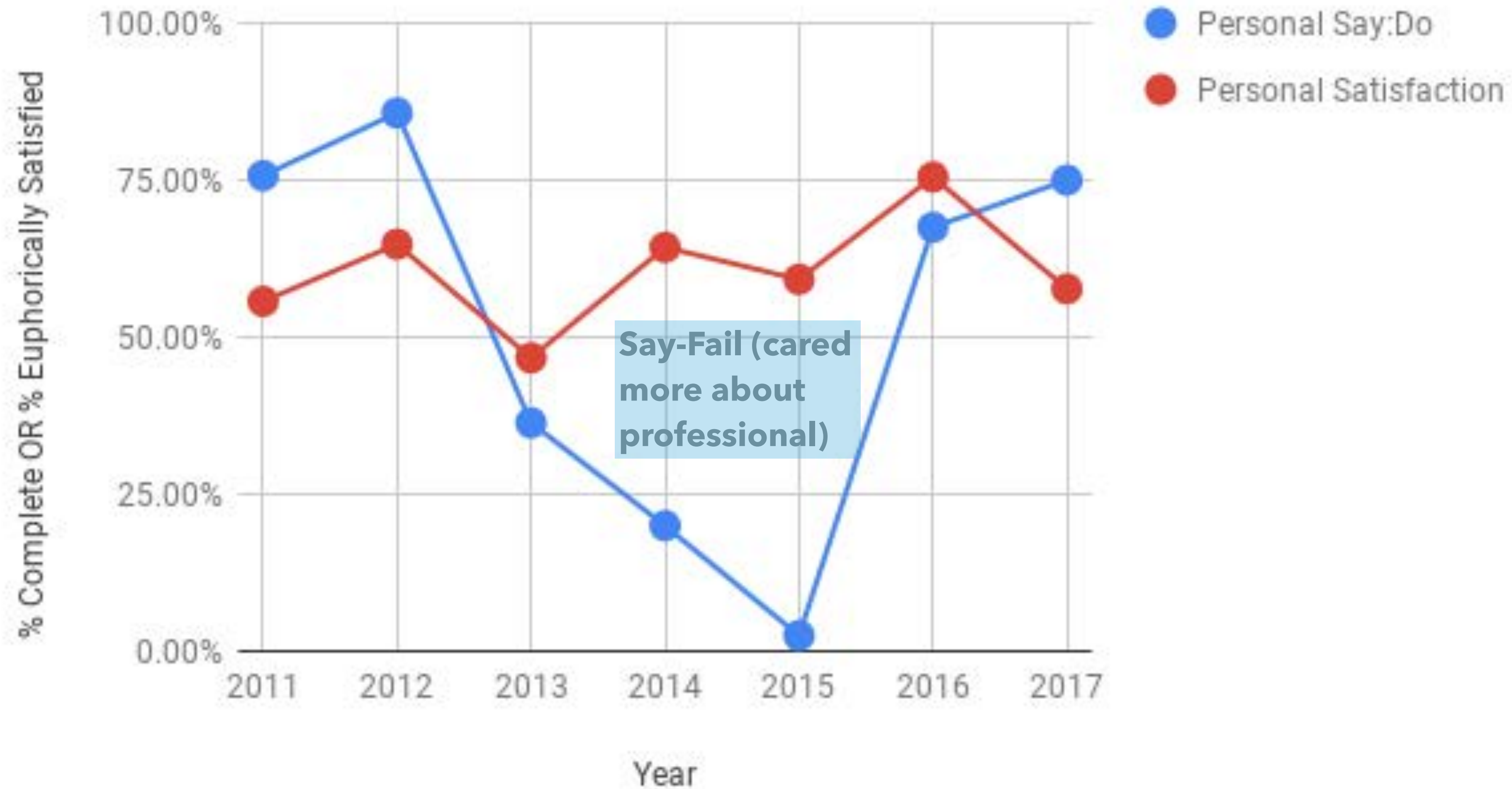
Professional Say:Do and Professional Satisfaction: 2011-2017





# PERSONAL: SAY/DO & SATISFACTION DISPARITIES

Personal: Say/Do and Satisfaction: 2011-2017





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

D	E	F	G	H
<b>By end of year</b>	<b>Say-Do Professional</b>	<b>Say-Do Personal</b>	<b>Professional Satisfaction</b>	<b>Personal Satisfaction</b>
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
<b>Correlation: Say-Do Professional vs Satisfaction subcategory</b>	1.00	0.22	0.23	0.36
<b>Correlation: Say-Do Personal vs Satisfaction subcategory</b>	0.22	1.00	0.01	0.21









- I'm Eli Ricker, founder of NeuroEducate
  - Email me at [info@neuroeducate.com](mailto:info@neuroeducate.com)
  - Want access to my Say-Do and Life Satisfaction scoring system? Sign up at [www.neuroeducate.com/events](http://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.
-