Brandon's Eudaimonia Machine: Work/Life Satisfaction Tracking

Aug **2020**

	Date	WHOOP		BE FOCUSED PRO	TIMEULAR (or SUNSAMA)	EVO	MY EUDAI	Significant milestone and/or notes
		Sleep Amount	Recovery Score	Pomodoros Completed	Total Time Worked (Hrs)	Flow Score	My Day Score	
1	8/5/20	7:11	43%	7	5	10	17	Progessed Nationwide deal (8-figure booking opp). Started back up on bike workouts.
2	8/6/20	7:03	89%	6	8	10	19	Good UHC demo. Progress on completing Beehive overdue tasks.
3	8/7/20	6:55	59%	7	5.5	8	15	Felt like I made a step forward on all opportunities that have a shot at closing in 2020
4	8/10/20	6:31	89%	6	4.5	8	15	Sluggish day. Not a lot of Deep Work completed. Didn't complete my most important task.
5	8/11/20	6:02	55%	5	6	6	11	Was in 5 meetings today. Workflow suffered 3p - 8pm
6	8/12/20	5:56	77%	4	4.5	0	6	Did not complete Start Day Planning or any EVO elements. Was in 3 meetings today. Felt extremely sluggish and unmotivated
7	8/13/20	6:34	95%	5	6.5	0	6	Did not complete Start Day Planning or any EVO elements. Was in 3 meetings today. Felt extremely sluggish and unmotivated
8	8/14/20	6:38	67%	8	5.5	10	18	No meetings. Made significant contribution as a follow-up to Summit I.
9	8/19/20	8:10	66%	6	5.5	10	16	Got back on track with Daily Plan task. Discussed UHC deal close plan. Caught up on open Beehive items
10	8/20/20	6:50	25%	6	6.5	8	12	Got through Beehive tasks. Opened up eyes to future possibilities around ideal work/role.
11	8/21/20	5:32	44%	4	6.5	9	14	Was in 5 meetings today. Good discovery call with Ring (an Amazon company).
12	8/26/20	7:43	40%	6	5	10	16	Was in 2 meetings. Progress on PR/FAQ Beehive Toolkit. Productive call with UHG Security (EIS) team. Felt productive
13	8/27/20	7:02	77%	6	3.5	10	17	Was in 1 meeting. Late start and big break around lunch and early evening. Big update on Beehive completed
14	8/28/20	6:32	29%	7	6	10	15	Great Discovery Call with KFC CIO. Energy waned in early evening. Had to do a pivot for Beehive. Still no PR/FAQ for Ring
15	8/31/20	5:31	40%	4	5.5	8	13	Was in 4 meetings. Good call with Nationwide. Productive inisights from Sid on UHG. Unable to get workout in today. Tired in afternoon
	AVG	6:40	60%	5.8	5.6	7.8	12.9	**What major milestone(s) did you hit this month (i.e. large deal, project, life event?)**
								1. Established my Daily Start Routine

2021 Year in Review Analysis

	# of Days Tracked	Sleep Amount (WHOOP)	Recovery Score (WHOOP)	Sleep Debt (Rise)	Energy Potential (Rise)	Pomodoro Work Intervals Completed (Timer)	Total Time Hrs Worked (Sunsama or Timeluar)	Total Time in Meetings (Timeular)	Flow Score (EVO Planner)	Gyroscope Mood	My Thrive Score	Notes
Total Score Potential	N/A	N/A	3	5.0	N/A	5	5	N/A	10	100	128	
JAN	19	6:23	65%	5.6	72%	6	8.7	3.0	7	59	75	Did not track 1.) time in meetings and 2.) Gyroscope mood
FEB	20	6:47	60%	4.3	79%	7	6.8	3.0	7	59	76	Did not track 1.) time in meetings and 2.) Gyroscope mood
MAR	20	6:56	51%	2.4	88%	7	8.1	3.0	8	59	76	Did not track 1.) time in meetings and 2.) Gyroscope mood
APR	15	6:57	60%	1.8	91%	7	7.9	3.6	8	59	76	Did not track 1.) Gyroscope mood
MAY	8	6:49	44%	2.2	89%	5	7.2	3.4	8	59	76	Did not track 1.) Gyroscope mood
JUN	20	6:57	70%	1.9	91%	7	7.6	2.8	8	59	77	Did not track 1.) Gyroscope mood
JUL	14	6:45	56%	1.8	91%	5	7.0	3.4	9	59	77	Did not track 1.) Gyroscope mood
AUG	21	6:27	67%	4.3	79%	6	8.1	3.9	7	61	78	
SEP	14	6:46	76%	3.4	83%	5	7.5	4.1	8	65	83	
OCT	14	7:21	56%	1.9	91%	7	6.9	2.0	9	55	73	
NOV	15	6:44	56%	2.9	86%	7	6.6	2.3	8	61	78	
DEC	5	6:45	66%	3.8	81%	6	6.5	1.8	8	54	72	
AVG	15	6:48	61%	3.0	85%	6	7.4	3.0	8	59	76	
TOT	185											

BFLG Income	$2,377.63
LivePerson Income	$1,104,494.71
TOTAL	$1,106,872.34

BFLG Hours Worked	780	Estimated +avg of 15 hours per week
Hours Worked	1,904	
TOTAL	2,684	

Hourly Rate	$412.40

Brandon's Thrive Space: Work/Life Harmony Tracking

Feb 2022

	Date	SLEEP				SKILLS	STRAIN		SATISFACTION		SUCCESS	
		Sleep Amount (WHOOP)	Recovery Score (WHOOP)	Sleep Debt (Rise)	Energy Potential (Rise)	Pomodoro Work Intervals Completed (Timer)	Total Time Hrs Worked (Sunsama or Timeluar)	Total Time in Meetings (Timeluar)	My 5 Intentions Score	Gyroscope Mood	My Thrive Score	Significant milestone, discovery, win, or takeaway
Total Possible Pts		N/A	3	5.0	N/A	5	5	N/A	10	100	128	
1	2/1/22	5:59	71%	1.5	93%	7	6	2	8	82	100	Win: Effective affliate WHOOP selling post to start off the month (N)
2	2/2/22	6:59	34%	1.8	91%	8	9	4	8	91	110	Discovery: I would likely boost my Thrive Score if I complete my DSR, MI task, and W before my first meeting or noon (whichever happens first)
3	2/3/22	6:47	55%	2.2	89%	7	6.5	2.5	10	69	88	Experience: Great podcast session that was more geared towards leader, which may open new doors
4	2/4/22	6:00	59%	3.3	84%	2	6	3.5	6	57	71	Experience: Great mentoring sessions with both Oliver and Himanshu
5	2/7/22	6:11	73%	1.8	91%	8	8	3.5	8	38	62	Idea: Create Kennected campaign around the HBR article to promote Sunsama
6	2/8/22	5:48	85%	2.8	86%	8	8	2.5	10	73	99	Experience: Always check the affiliate links before posting them
7	2/9/22	6:09	59%	2.9	86%	10	5.5	0	8	31	50	Win: Able to update Twitter and YouTube banners
8	2/10/22	7:29	34%	2.4	88%	8	6.5	1	10	69	90	Win: Great mentoring session with Gio's SDR team. Got Chicago Home project page started
9	2/11/22	5:14	43%	3.9	81%	7	7.5	3	8	61	78	Wins: Good mentoring session with Himanshu, good insights from SKO for future content/resources, and 7 to 7 sales page built. This week my sleep performance was low, but I successfully time-shifted my workouts to earlier
10	2/14/22	6:37	64%	2.2	89%	3	2.5	1	8	50	66	Discovery: When my weekends are spent undermining all the good work I do during the week, Monday is a very slow start
11	2/15/22	6:11	58%	2.9	86%	13	8.5	1.5	8	49	68	Discovery: It's not the act of doing it, it's feeling like I have to feel like doing it is causing the procrastination
12	2/16/22	6:16	46%	3.8	81%	8	6.5	1	9	92	112	Win: Added additional income option to 7 to 7 sales page
13	2/17/22	6:03	39%	4.7	77%	7	5	1.5	10	55	74	Win: Productive wireframe discussion with Wayfind on BF.com
14	2/18/22	6:35	50%	3	85%	3	5	3	8	20	36	Discovery: Late DSR = chaotic day
15	2/21/22	7:07	80%	0.5	98%	3	3	1.5	9	65	83	Win: Booked for Tequila Tuesday session w/ Scott Lease
16	2/22/22	6:59	59%	1.5	93%	12	7	3	8	79	98	Win: Good meeting with Google and got 7 to 7 rewrite complete
17	2/23/22	5:58	54%	2.6	87%	7	5	0.5	8	68	85	Win: Completed both workouts as planned. Ideas for Google follow-up. Got a DD card as a gift from Google session
18	2/24/22	6:00	48%	3.4	83%	6	9.5	2.5	7	49	65	Win: Completed thorough edits of public 7 to 7, awesome podcast episode, and got Sales page in a great spot
19	2/25/22	6:22	71%	3.9	81%	1	3	2	7	47	63	Discovery: Understanding the work necessary for next week for a successful 7 to 7 launch
20	2/28/22	8:03	71%	0.3	99%	9	6.5	2	8	64	84	Discovery: My approach hasn't honestly changed a whole lot throughout my career, just what I do and my environment (per Marti's "accolades package")
AVG		6:26	58%	2.6	87%	7	6.2	2.1	8	60	79	
TOT		-	-	-	-	137	124.5	41.5	166	1,209	1,582	

What major milestone(s) did you hit this month (i.e. large deal, project, life event?)

1. No red recovery days
2. Finalized 7 Steps to 7 Figures ebook
3. Created the MMHL Club, defining our 2 core product offerings for 2022
4. Generated 23 WHOOP Affiliate signups from a single post
5. Launched BF.com project
6. Invited to speak to first corporate client (unpaid) - Google Cloud SoCal team
7. Mentees all progressing to positive performance

INCOME & HOURLY RATE

	Gross Income	Hours	Hourly Rate		
LPSN	$16,706.50	24.9	$671	<< Ultipro	Assumes 1/5th of my hours go towards LP
BFLG	$1,802.10	118.3	$15	<< This Sheet	Assumes some work on weekends minus my LivePerson work
			$343		

PERSONAL BRAND GROWTH

LinkedIn	Views	1,001,759	<< Shield
	Likes	9,017	<< Shield
	Tot Followers (SOM)	23,630	<< Shield
	Tot Followers (EOM)	26,064	<< Shield
	New Followers	2,434	*Auto Calculate*
BFLG NL	New Subscribers	263	<< ConvertKit
	Total Subscribers	2,856	<< ConvertKit

HEALTH PROGRESS

				Insights	
SLEEP	Sleep Amount	6:55	<< WHOOP MPA		
	M-o-M Performance	+1%	<< WHOOP MPA	**Positive Impact**	
	REM Sleep	1:29	<< WHOOP MPA	Melatonin	+4%
	Deep Sleep	1:27		82%+ Sleep	+3%
	M-o-M Performance	-0:10	<< WHOOP MPA	Intermittent Fasting	+3%
STRAIN	Number of Activities	34	<< WHOOP MPA	Massage Therapy	+3%
	Avg Activity Strain	8.4	<< WHOOP MPA	**Negative Impact**	
Body	Weight	+1.3lb	<< Health Mate	Stress	-4%
	Body Fat %	+0.8%	<< Health Mate	Work Calls	-4%
	Muscle Mass	-0.8%	<< Health Mate	13+ Strain Score	-5%
Fitness	Fitness Score	46	<< Strava	Alcohol	-5%
	Improvement	-15%	<< Strava	Marijuana	-5%