

“Only do what only you can do”

Edsgar Dijkstra

	Activity	Hours spent (per week)	Only You can do Y/N*	Cost of You (£)†	Cost of ANO (£)	Your Lost Opportunity (£)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
	Totals					



* Or S = substitute using another member of your team

† for a very rough estimate of your **hourly cost** divide your annual salary by 1000