

10. Effort Activity: Working Weeks

In *The Recipe for Success* (2009), journalist and author Blaire Palmer interviewed hundreds of high earners and pulled together the qualities she found. There are, she reckons, ten key characteristics to success. She calls the tenth 'graft', by which she means just putting in the hours.

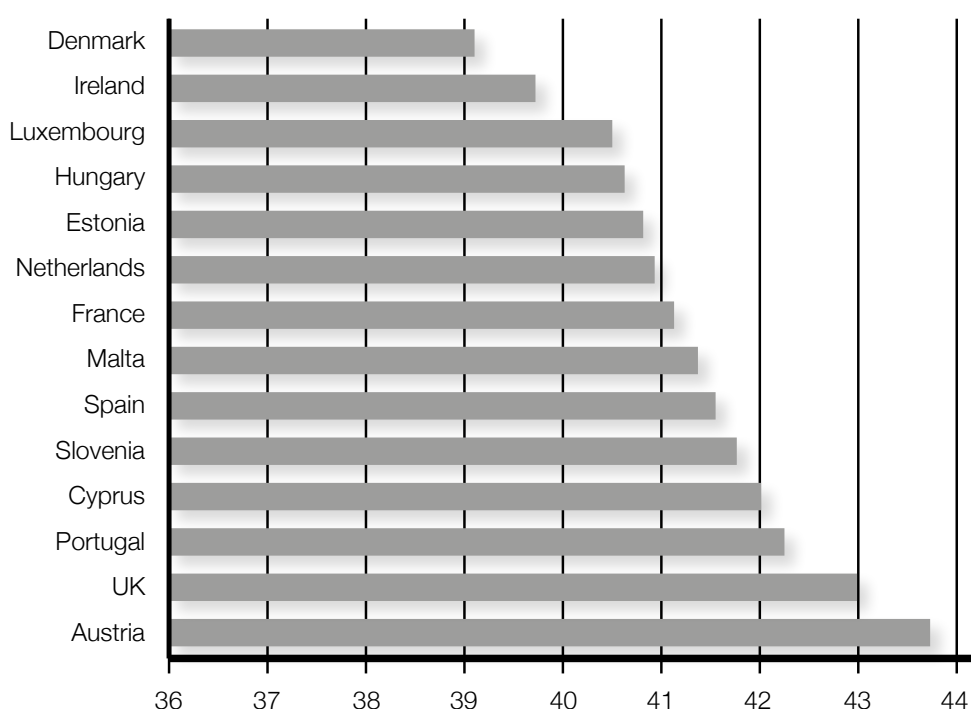
How Long Are the Working Weeks of High Earners in the UK?

As a student who takes all study periods as frees, you're on about twenty-three hours a week.

As a student who works all your frees, you're doing thirty-five hours a week.

A 9 to 5 working week amounts to forty hours a week.

The average UK worker does forty-three hours a week:



How do the hours on the chart above reflect your family's working patterns? Think about the working days your mum, dad, aunties or uncles have. What are their start and finish times? What are their holiday patterns?

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More working week facts:

- » The government recommends a maximum working week of forty-eight hours.
- » High earners (top tax bracket of over £50K a year) average fifty hours a week.
- » Company bosses interviewed worked between sixty and eighty hours a week.

What Does a Working Week Like That Look Like?

A fifty hour working week is ...

Start each day at:	Take a lunch break from/to:	Go home at:
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An eighty hour working week is ...

Start each day at:	Take a lunch break from/to:	Go home at:
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Final Thoughts

How many hours are you putting in on an average week? What is your holiday pattern like compared to a full time job? How do your hours compare to those of your parents, or to the average UK worker? How do you compare to yourself in Year 7 or 11?

Plan where you could get some extra hours from and use this grid to adjust your levels of effort upwards.

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