

# Bandwidth ROI Snapshot Self-Assessment

# ASCENTLOGIC

Take the AscentLogic Bandwidth ROI Snapshot Self-Assessment for instant high-level diagnostic insights relating to Executive Overwhelm & Priority Achievement ROI.

Answering as honestly as possible, select the appropriate box for each statement that applies. Rate how much you agree with a statement on a scale of 1 to 3 (1 = Disagree; 2 = So-so; 3 = Agree).

Executive Overwhelm & Priority Achievement Bandwidth ROI - Company, my Boss, and my Lieutenants.	1	2	3
My company has a rigorous disciplined process to focus top management's bandwidth on top issues.			
I rarely spend too much time discussing issues that have little or no direct impact on company value.			
I spend +3 days/month working as a team with other executives on strategic issues.			
I have dependable trusted lieutenants in place who understand my mission and their role in its execution.			
I'm viewed as dependable trusted lieutenant who understands the mission and my role in its execution.			
I effectively manage my boss to avoid being assigned too many priorities and/or changes to them.			
I spend less than 5% of my bandwidth doing work that is not strategic or below my pay grade I could delegate.			
I spend less than 5% of my bandwidth embroiled in directing delegated work.			
I invest more bandwidth in preventing versus fighting fires.			
Calendar Overwhelm & Priority Achievement Bandwidth ROI.	1	2	3
My calendar reflects what I'm really committed to.			
I'm effective at prioritizing competing and conflicting demands on my bandwidth.			
I proactively plan and schedule 100% of my workweek in advance and have no blank calendar slots.			
To be more effective with my bandwidth, I schedule time during the workday to relax and recharge.			
I schedule buffer time for schedule slippage and unplanned activity.			
I dedicate at least 1 hour per week to reflect on the past week and the week going forward.			
I block & protect sacred time to execute actions to service my top 3 most important strategic priorities.			
Meeting Overwhelm & Priority Achievement Bandwidth ROI.	1	2	3
I rarely spend more time in meetings than necessary.			
I'm rarely in meetings that fail to produce decisions required to drive superior performance.			
The meetings I attend are structured to consistently produced decisions on strategic or organizational issues.			
I consistently separate operations related issues from strategy related issues.			
My meetings focus on decisions versus discussions and information exchange.			
I lead concise, highly-structured, strategic discussions designed to reach good decisions quickly.			
I structure my meeting agenda item's priority according to their strategic value.			
I consistently achieve my desired meeting outcomes without need for continued discussion.			
When proposing initiatives to others, I use their language to clarify how what I propose supports their goals.			
Eliminating Overwhelm & Improving Priority Achievement Bandwidth ROI.	1	2	3
I know when my best is required versus only what's necessary to get the job done.			
I know the warning signs and how to avoid becoming embroiled in bandwidth sucking activity.			
I consistently employ a simple process to maintain control of my bandwidth and priorities.			
I keep and evaluate logs of how I spend my time to become more productive.			
I set boundaries that help me maintain control of my day.			
Executive Overwhelm - Bandwidth Red Flags!	1	2	3
I feel stressed, overwhelmed, and lack control over my bandwidth.			
I feel that if my current pace continues that burn out is almost inevitable.			
My personal relationships are under stress due to how much time I spend at work.			
I feel stress or guilt because I do not see my children enough due to how much time I spend at work.			
My health/sleep is impacted by how much I work and/or the stress I experience at work.			
I spend more time at work than I would like.			
I'm moody and/or anger easily.			
I procrastinate.			

## Protecting Your Most Precious Asset as an Executive: Bandwidth ROI

What's the impact of how you spend your time? As an executive, your most precious asset is your bandwidth - period - full stop. Why? Because it's a finite non-renewable asset more precious than any other. Lost bandwidth is lost forever. This realization causes many executives to feel overwhelmed, frustrated, and ineffective in their roles.

In fact, if we use renewability as criteria to screen for how precious an asset is, unlike your bandwidth, money, professional relationships, and your health & vitality are mostly renewable.

Every second we use is a second that we cannot get back. We know this, and yet we often act as if we don't. We spend our time doing things that others could be doing instead. When we do delegate, we fail to let go and let others execute. We plow effort into activity unessential to our organization's strategic priorities. Our calendars typically don't reflect what's most important for us to be doing as leaders. We fail to consciously maximize the ROI of our most precious resource: our bandwidth.

As a result, we feel overwhelmed. We lose our focus and become less effective. Ironically, our other assets suffer as well. We're stressed and lose energy and vitality. We become easily distracted and cannot give our full attention. We don't relate as well with others. We make poor decisions that cost money. Or worse, we put our professional and family relationships at risk.

Do you treat time as your most important asset? Do you measure how you use it? Do you analyze your decisions? Do you make new, more strategic choices, going forward based on your analysis? Do you set boundaries to execute those choices? In the case of time, sunk costs are truly sunk forever.

### A More Powerful Way to Think About Your Bandwidth ROI

- What are you doing that other people could do (e.g., activity below your pay grade)?
- What will you delegate - to whom - and by when?
- Managing interruptions – stop those that are (they aren't part of your job) – budget those that aren't (they are part of your job).
- It's one thing to know what you need to do to improve your bandwidth ROI; it's another thing to act.

If you score yourself, or someone you lead, a 2 or lower on any of the preceding self-assessment or agree with - any - of the "Executive Overwhelm - Bandwidth Red Flags" we should talk. Over the last 20-years, I've advised executives all over the world who want to be more effective and efficient leaders who maximize their bandwidth ROI through greater influence, engagement, communications, meeting strategy, and accelerate their career trajectory, as well as improving how they develop the high-potential leaders reporting into them. Let's schedule a session to talk about your objectives.

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The AscentLogic logo, with 'ASCENT' in orange and 'LOGIC' in black, is located in the bottom left corner. The background of the bottom section shows a man in a suit standing by a large window, looking out.