



STOP PAYING THE IRRITATION TAX

**You are losing time, energy,
and focus without realizing it.**





Irritation is a Hidden Tax

Every minute of frustration costs you money.

Is it worth paying for?





Step 1 – Price Your Time

- Decide how much your time is worth.
- If your time is worth ₹8,000/hour, every 10 minutes of irritation costs ₹1,333.
- If you wouldn't pay for it, don't engage in it.





Step 2 – Set a 10-Minute Irritation Budget

- Allow yourself a maximum of 10 minutes/day for irritation.
- If it lasts longer, you must either drop it or take action.
- Example: If you're still irritated, you owe yourself 10 push-ups, or a micro-task.





Step 3 – Turn Frustration into Profit

Instead of wasting energy, convert irritation into action:

- Stuck in traffic? Write down a quick business idea.
- Meeting delayed? Brainstorm one new initiative.
- Annoyed by someone? Use it to practice negotiation skills.





Why This Works

This method rewires your brain to see irritation as a cost, not just an emotion.

- Control emotions instead of reacting
- Reduce stress & mental fatigue
- Stay focused & productive
- Build resilience & adaptability
- Free yourself from unnecessary frustration





Irritation is an expense.

Either eliminate it or get a return on it.





**What's one irritation
you've been paying for
recently?**

Drop it or profit from it.

