

80/20 Audit

Wilfred Pareto, a nineteenth-century economist, discovered that 80% of the world's wealth was owned by only 20% of the world's population. He then went on to find that this 80/20 rule seemed to hold true in most other areas of life as well.

It's a good idea to look at your own life with this 80/20 rule in mind. Where is your energy being used up? Where is your joy coming from? Take some time to write down the answers to the following questions:

Who are the 20% of the people in your life that are causing 80% of your stress?

What are the 20% of your activities and situations that cause 80% of the stress you experience?

What are the 20% of your activities and areas of your life that result in 80% of your good results?

Who are the 20% of the people in your life that bring you 80% of the enjoyment you experience?

What are the 20% of your activities that bring you 80% of your joy?

Based on your answers above:

What should you be doing less of?

What should you be doing more of?

Who should you be spending more time with?

Who should you be spending less time with?

If you only had six months to live, what would you let go of from your life?

Which of those things can you let go of anyway?

