



Use The Power of 80/20 RIGHT NOW!

By Marcy Heim, The Artful Asker

80% of your results will come from just 20% of your actions. Apply this to your everyday life. For instance:

- What 20% of your possessions do you get the most value out of?
- What do you spend 20% of your time doing that gives you 80% of your happiness?
- Who are the 20% of people you're close to who make you the happiest?
- What are the 20% of the clothes you wear 80% of the time?
- What's the 20% of food you eat 80% of the time?

Chances are these are easy questions for you to answer. You've just never considered them before. And once you've answered them, you can easily focus on increasing the efficiencies in your life. For instance:

- Spend less time with the 80% of people who only add 20% of the pleasure.
- Throw out or sell the 80% of crap you use 20% of the time.
- Same thing with the 80% of the clothes you wear 20% of the time.
- Identifying the 20% of the food you eat 80% of the time will probably explain whether you keep a healthy diet or not and how healthy it is. Just make sure to switch to where the 20% of food you eat 80% of the time is healthy.

Now let's get to time! Clearing away distractions and setting up your most productive hours (morning or night) for success is how to get 80% of the days work done in 20% of the time. Do you spend 80% of your time checking email over and over, writing memos, taking a long time to make basic and unimportant decisions? What 20% of your behaviors cause 80% of the headaches in your relationships?

80/20 Principle? YOU have control and influence over that efficiency. "I create my life!" Shine on!	
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Write out what changes could you make in your life today based on the