

Quick Tools

Concepts + Actions = Momentum

The 80/20 Principle:

*Understanding the Pareto Principle and how
to use it to maximize your time & results.*

Living with
Momentum

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Quick Tool

80/20 Principle

Ever wonder why some things create greater momentum in your life while others only take it away? People who are efficient in their work and their lives have mastered, whether intentionally or unwittingly, the Pareto Principle that makes momentum possible.

More commonly known as the 80/20 Principle, the Pareto Principle says that 20% of your activities produces 80% of your results, whether good or bad. It is a basic study of ROI (return on investment). If you can evaluate your life and discover what 20% of your life is being productive, you can invest in those things that produce the greatest return on your investment. Conversely, if you can identify the 20% of people or activities that account for 80% of your headaches, you can eliminate them or at least, understand, the impact they are having on your life.

Some things that are causing stress cannot be eradicated, like a family member with a addiction, a child with a disability, or a job that is depended upon. Some issues that are creating stress or problems for you are not even yours, but they affect you nonetheless. The key to maximizing this principle and finding the most success and joy in your life is to be honest and willing to change. It requires reflection and an honest assessment of all those 20% activities and causes along with a willingness to make changes, no matter how painful. In some cases, the only thing you might need to change is your attitude.

Take some time to dissect your life, with all its troubles and successes, to gain a better understanding of what is helping you grow and what is holding you back. What kind of return are you getting on your investment (of time, energy, money) and are you willing to eliminate it if it is not helping you to become the best version of yourself?

	20%	80%
GETS YOU RESULTS	What 20% of people bring	80% of your happiness/inspiration/joy?
	What 20% of projects give you	80% of your satisfaction?
	What 20% of your clients produce	80% of your income?
	What 20% of your day accomplishes	80% of your tasks?
	What 20% of your clothing is	80% of what you wear?
	What 20% of your processes create	80% of your success?
	What 20% of your personal habits are producing	80% of the results you want?
CAUSES YOU GRIEF	What 20% of people bring	80% of your grief?
	What 20% of activities produces	80% of your stress?
	What 20% of your clients are causing	80% of your headaches?
	What 20% of your entertainment wastes	80% of your productive time?
	What 20% of your kids' bad behavior is causing	80% of bad home environment?
	What 20% of your lifestyle habits are responsible for	80% of your personal dissatisfaction?

My 80/20 Analysis

	20%	80%
GETS YOU RESULTS		
CAUSES YOU GRIEF		