

Using the
PARETO PRINCIPLE
FOR A MORE
FULFILLING LIFE

You can get started on a more joyous life with a piece of paper and a pen! If you're not familiar with Pareto's Principle, it basically states that 20% of the actions available to you will give you 80% of your results.

Using this principle makes changing your life easier and enables you to get the absolute best results from the least effort.

Let's get started:

1 Write at the top of your paper, "Ways I Can Get More Out of Life" and start brainstorming

- ✓ Consider every aspect of your life. Don't leave anything out. There are no wrong answers.
- ✓ Write down all the things that would make your life better, even if it sounds crazy!
- ✓ Take all the time you need. Shoot for at least 50 ideas.

2 Pick the 10 best ideas on your list

- ✓ Focus on the things that would have the **biggest impact** on your life if you were to accomplish them
- ✓ Rank those ten from easiest to accomplish to most difficult

3 Implement the first idea and make your way down your list

- ✓ Constantly re-evaluate this list to ensure you focus on the actions that produce the biggest results.