



REFLECT, GROW, ACHIEVE

A WORKBOOK FOR HEALTH

The 80-20 rule



The 80/20 rule, also known as the Pareto Principle, suggests that 80% of results come from 20% of efforts.

This principle can be applied to many areas of life, like work, productivity, and personal growth.

The idea is to focus on the 20% that brings the most value and cut back on the less impactful areas, leading to more efficient use of time and energy.

Example:

You want to improve energy levels throughout the day.

Step 1: List your interactions and their impact

Activity: Drinking 2 liters of water/day

Impact on closeness: High

Activity: Sleeping 7–8 hours/night

Impact on closeness: High

Activity: Morning stretching / yoga 15 min

Impact on closeness: High

Activity: Drinking coffee

Impact on closeness: Medium

Activity: Snacking on sugary foods

Impact on closeness: Low

Step 2: Rank by impact

1. Sleeping 7–8 hours – High
2. Drinking 2 liters of water – High
3. Morning stretching / yoga – High
4. Drinking coffee – Medium
5. Snacking on sugary foods – Low

Step 3: Focus on the vital few

- The top 20% of actions (sleep, hydration, morning movement) produce about 80% of your energy improvement.
- Medium- or low-impact actions like coffee, vitamins, or snacks have minimal effect.

Action: Prioritize good sleep, hydration, and morning movement. These few habits will have the biggest effect on daily energy.

The 80-20 rule

List the activities you do that are related to your health and rank them. Focus on all three aspects: body, mind, and soul.

Activity	Impact
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The 80-20 rule

Now rank the activities and focus on the 4/5
which bring more value



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