

The 80/20 Stress Reduction Worksheet

1. What 20% of sources are causing 80% of my stress, problems, and unhappiness?

This can be anything, but be specific. For example, rather than simply writing "Housework" you might write "Vacuuming with kids underfoot." Instead of generalizing "Relationship with husband" you could pinpoint what exactly is causing the most unhappiness, like "No regular time to reconnect w/ husband."

2. What can I do to initiate change for each of these items?

This is where you brainstorm ideas to tame the 20% of your life that's causing 80% of your stress, problems, & unhappiness. If your kids are always making you late looking for their socks, how can you change that? Could you keep the socks by the front door, or even in the car? Can you give up on socks and let them wear flip-flops? Get creative as you think about solutions to your problems. These are just things to try—if they don't work you can adjust from here.

When this list is complete, highlight or put a star next to the easiest one and start there!

