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Living the
80/20
Way

Work Less,
Worry Less,
Succeed More,
Enjoy More

"The 80/20 Principle is the cornerstone of results-based living."
Tim Ferriss, bestselling author of the *The 4-Hour Work Week*

Living the 80/20 Way



CREATE MORE WITH LESS

ENJOY WORK AND SUCCESS

QUALITY VS QUANTITY

REALATIONSHIPS THE 80/20 WAY

THE SIMPLE, GOOD LIFE



Create More With Less



FOCUS ON YOUR BEST 20%

- “It is not necessary to do extraordinary things to produce extraordinary results.” - Warren Buffett
- Extraordinary results can be accomplished without extraordinary effort.
- Small amounts of energy leads to the greatest things in our lives.
- Small portions of our time lead to the greatest happiness in our life.
- Contrary to common perception, less action can and does lead to more results.

TAKE 80/20 ACTION

- 80% of our success comes from 20% of our time.
- 20% of retail customers provide about 80% of sales.
- Everything becomes easy with practice and repetition. They become "second nature."
- Choose a few excellent and super rewarding habits and master them for life.
- Those who make the worst use of time are the ones who complain the most of it's shortness. The issue is not time, it is what we do with it.
- By narrowing our focus we deeply intensify our interest and by focusing on the best individual attributes we move to become more human.
- The 80/20 way produces 400x results with 100% effort.
- Action is always more difficult than thinking about action.
- What is your best 20%? What is your destination? What is the best route to get there?

Enjoy Work and Success



LIVE IN THE PRESENT

- We have the precious gift of life today to be enjoyed and experience how we choose.
- Many people meander through life with only “hope” of direction because they think it's the easiest way.
- The funny thing about life is that if you refuse anything but the best, you very often get it!
- “When you want something the world conspires to achieve it.” - The Alchemist
- Find your “achievement islands:” the small time periods when you are most creative, do the most with less, and accomplish most with little effort and little time.

LOVE WHAT YOU DO

- Becoming an individual is a conscious process that is achieved through singularity on our power to enjoy life uniquely. It is a decision of who you are, who you are not, and who you want to become.
- Lasting happiness cannot be gained through consumption. Happiness requires active participation of values. Do things well and take pride in what you have done.
- We are happiest when we have high self-respect and high self-esteem. This is achieved by nurturing the best of ourselves.
- A positive and accurate self-image is based on individuality and an authentic sense of who we are and why.
- Spend your time on what matters to you, exert leadership on these few essentials.
- Concentrate on what matters. Be relaxed. Do what you enjoy. Do it calmly without worries. Keep the valuable things. Do what you love. Let your passion take you to the top!
- The 80/20 way is to enjoy work and success by finding what really matters to you.

Quality vs Quantity



THINK AND COMMUNICATE CLEARLY

- “Our doubts are traders and cause us to lose the good we might win by fearing to attempt.” - William Shakespeare
- We all have a tremendous underused asset: our subconscious. It a friendly and personal computer that is always switched on. It can solve dilemmas, bring peace and joy, and it delivers much more with less energy and cost.
- Whether you believe you can do something or you believe you can't, you are right.
- Focus increases doubt or supercharges power.
- The subconscious works best when focused on one issue. Less is more.
- Focus and individuality makes us happy. Happiness is not outside us. Happiness is inside us.
- We have been programmed by evolution but we can also program ourselves. Other animals can work hard but humans can think hard also.
- Emotions tell us something useful about ourselves. They should be nurtured not crushed.
- Creative emotions delight us. Inspired actions make us happy.

LIFE IS EASIER AFTER MAKING A FEW BIG DECISIONS:

- Who and what do you care most about?
- What kind of person are you and who do you want to become?
- What are your strongest qualities, emotions, and abilities?
- What are you putting energy into that isn't producing happiness?
- Is your personal energy focused?



Relationships the 80/20 Way



HAPPY FAMILIES

- Praise to a child is to his development as water is to a plant. The tiniest encouragement leads to massive flowering.
- Happy families have parents who are always available and are generous with their time.
- Punishment only works if someone knows what they're being punished for. It is always for the child's action not for his character. Happy families impose discipline but never withdraw love.
- Reward a child's smiling face more than whining and pouting for years and guess what you'll get?
- Every night before bed ask your child what the highlights of their day were. The rewards will be immense and will inoculate them from depression.

THE WAY TO LOVE

- Focus 80% of your energy and attention on your key 20% relationships. Your happiness and satisfaction will soar.
- Focus on and enhance the important 20% that produces the most happiness. What are the simple needs of your partner?
- What are the few actions that I need to take every day or every week to deliver on my lover's key needs?
- To find the meaning of life we must reach within ourselves to find the things that we care about and the things we love. Having found these things everything else is trivial.
- Effort is effortless when it is driven by desire and love.
- Our lives are most enjoyable and valuable when we are driven by the few things that excite us. When we are not excited nothing is of any use.
- Anything that gives meaning and happiness to us is precious.

The Simple, Good Life



GET RID OF THINGS THAT DON'T MATTER

- What things do you do that have poor happiness return? Quit doing them. What are your happiness islands? Do more of these things.
- Stop worrying, and do fewer things. Make a not to do list. Act less and think more.
- Simplify. Intensify. Purify.
- Don't reach for more successful habits, just drop the habits that don't do work for you.
- Don't cope with snakes to deal with them better, just avoid the snake pits.
- Get rid of the things that don't matter and absorb your time and energy but give almost nothing back.
- Only by doing more with less can we live more.
- 50-5 Principle: The top 50% of our activities lead to 95% of our rewards and the bottom 50% of our activities lead to only 5%.
- We are happiest when we simplify our lives down to the essentials that are best for us

THE POWER OF POSITIVE ACTION

- Concentrate on: focusing your purpose, developing yourself, simplicity, fulfillment, time for self and time for others.
- Use your deliberate thinking to talk to your emotions and reason with them. Resolve your feelings and then act positively.
- It is not enough to think positive, you must take positive action.
- It is better to act constructively than to have the right answers and not to act.
- Plan one hour a week to review your 80/20 plan and actions taken that week towards it.
- There is no limit to our achievement and to our lives when we just act ourselves.