

# 80/20 Exercise: Eliminating Frustration

**Instructions:**

1. In this exercise, **write** down all of the things that frustrate you, anger you, or cause negative emotion for you in your life.
2. **Circle** the 20% of the items in your list that cause 80% of your frustration. These are the items that are the most important to tackle.
3. Next to each item that you have circled, **write** "Yes" if it can be changed, and "No" if it cannot be changed.

Problem	Can It Be Changed? (Yes/No)

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**For the problems that cannot be changed, your goal is to accept them as they are.**

**What steps will you take to remove or fix the problems that can be changed?**

**1. Problem 1:**

**2. Problem 2:**

# 80/20 Exercise: Increasing the Good

**Instructions:**

1. In this exercise, **write** down all of the things that bring you the most happiness. *Be as specific as possible*—instead of writing “Family, write “spending time with my family,” or even “camping with my family.”
2. **Circle** the 20% of the items in your list that bring 80% of your joy. These are the items that are the most important to focus on.
3. Next to each of the few items that bring you most of your happiness, brainstorm how you can spend more time and focus on them. **Be creative**, write down every idea you have.

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What Brings You Joy?	How Can You Spend More Time and Attention on This?

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**Extra Brainstorming Space:**