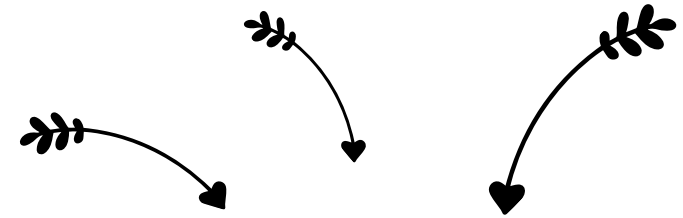


EXAMPLES:

My 80-20 life



♡ How to achieve "enough" ♡

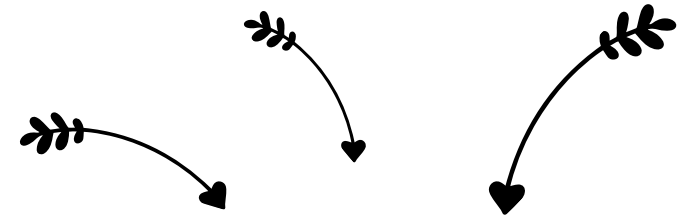
HABIT

CURRENT SITUATION

WHAT IF INSTEAD...

<p><u>Example:</u> Facebook</p>	<p>I usually go to Facebook about 10 times a day to "just to check" what's happening... and then an hour later I'm still scrolling my feed.</p>	<p>I wouldn't miss anything, if I'd check Facebook only twice a day.</p>	<p>I'll only go to Facebook in the mornings and then in the evenings to see what's going on. And I'll be there max 20 minutes!</p>
<p><u>Example:</u> Decluttering</p>	<p>To do a decluttering project, I would need to declutter every single thing that I don't use from the whole house... I don't have time for that!</p>	<p>Actually the living room is the biggest issue. That's where we spend most of our time.</p>	<p>If I'll get rid of the biggest clutter and put all the random things in a box, the place already looks much better!</p>
<p><u>Example:</u> Treats</p>	<p>I have treats everyday. And when I do, I eat the whole bar of chocolate on one go!</p>	<p>I could have treats everyday, if I only had one or two small ones! Or I could have a "treat day".</p>	<p>I'll only have a small treat (if I have it every day), or I'll wait and have a "bigger" treat once or twice a week.</p>

My 80-20 life



♡ How to achieve "enough" ♡

HABIT

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WHAT IF INSTEAD...
