



## The 80/20 rule and your family...

Have you heard of the Pareto principle? It's also known as the 80/20 rule and is based on an observation that 80% of results come from 20% of effort. Imagine what this means in terms of managing your family, when every day seems to require so much effort. What if only 20% of your efforts were really vital and you could let go of worrying about keeping it all together all the time? What would that mean for you? Less overwhelm? Less anxiety? Less pulling out of your hair!

### Work out what is vital to achieve the results you want...

Dr. Joseph Juran (USA, 1930's) recognised that activities could be categorised as either belonging to the 'vital few' or the 'trivial many' and that the best results come when our effort is focused on those vital few activities (20%) that yield most results (80%). When you consider this in light of your family it helps to start with the end in mind. Ask yourself, "How do I see my family in 5 years? What does 'success' mean to me when I think of my family?" Once you are clear about what you want to achieve, it becomes easier to decide where to best put your time and effort.

Here are a few examples to get you started. If having great communication with your partner and children is important, then **spending time now talking together and sharing a laugh is vital**. If handling conflict better is important, then learning how to do that now is vital. If being active and healthy is important, then **it's vital to make time now for physical activity and to eat well**. If being able to play an instrument is important, then it's vital to make time to practise now. If having a house that is the envy of your neighbourhood is important, then you'll need to work hard on what it takes to make that possible.

### Overwhelm comes when we get sidetracked by the trivial...

Activities that belong in the category of the 'trivial many' rob us of our time and get in the way of doing what is vital, leading to disappointment and feeling overwhelmed and unhappy.

**Ask yourself, "Is this vital or trivial?"** If it's trivial, it can wait or be cast aside. Focusing on what is vital translates into more time for connection, a key ingredient of every resilient family.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au).

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- ✓ If you're feeling overwhelmed ask, "Is this VITAL (20%) or TRIVIAL (80%)?"
- ✓ Focus on the 20% that really matters and stop pulling out your hair!
- ✓ Connected families are resilient families.

*"We may not have it all together, but together we have it all."*

Unknown

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

**Bare Hands**  
Practical life strategies for women