

“How the 80 20 Rule Can Improve Your Life”

By UnconventionallyWise.com, based on the video by Joshua Becker

Key Ideas Behind the 80 20 Rule

Not exact math

The split isn't literal, a small portion tends to create most of the results.

Built into nature

A few plants attract most pollinators, a few crops give most of the yield.

Filter for what matters

Focus on what makes the biggest difference, not what fills space.

Applies to energy too

Some routines restore you, many drain you. Pay attention to the difference.

Reduces guilt

You're not failing by not using everything, you're just doing what everyone else does.

Simplifies aging

Simplicity is a strategic choice later in life. Most stress comes from a small set of habits. Start there.

Use this checklist to spot where you're only using a small portion of what you own, and where you can simplify.

1. Clothing

You wear the same few items most of the time. Identify your favorites and consider letting go of the rest.

2. Shoes

Special occasion shoes aside, you likely reach for the same pairs repeatedly.

3. Kitchen Utensils & Appliances

A handful of tools do most of the work. Mark Bittman's list of 33 essentials is a helpful reference.

4. Books

Most books are rarely reread. Keep the meaningful ones, donate the rest.

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5. Toys

Kids favor a few favorites. Minimize based on what they actually use.

6. Cleaning Supplies

A few products like vinegar and dish soap cover nearly all tasks.

7. Decorations

Only a small portion has deep meaning. Display those and store or donate the rest.

8. Office Supplies

You likely use the same pen and notebook every day. Reduce the extras.

9. Electronics

Old or unused devices pile up. Declutter and streamline the ones you rely on.

10. Linens

Towels and sheets tend to rotate from the top of the pile. Keep what you use.

11. Food & Recipes

Families often cook the same few meals. Simplify planning around these staples.

12. Makeup & Toiletries

Keep only what you actually use. Most products go untouched.

13. Furniture

Your family sits in the same spots every day. Use that insight when furnishing or replacing.

14. Square Footage

We spend most of our time in just a few areas of the home. Consider this when choosing or designing a space.

15. Digital Life

Most time is spent on a small number of apps and websites. Organize accordingly and delete the rest.

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