

THE ECONOMY



Many people say the economy is bad. Yet some people remain working. **The Pareto Principle** (also known as the **80-20 Rule**, the **law of the vital few**, and the **principle of factor sparsity**) states that, for many events, roughly 80% of the effects come from 20% of the causes.

This is a rule called the 80/20 rule basically saying that out of 100%, 20% create 80% of the results.

This idea may not always apply, but it is a helpful tool to let us see how much effect we may have upon a given situation.



So basically some people will tend to do better in any given situation. There are external situations or internal situations. An external one might be the economy, the government, friends, relatives, peers and work environment. Internal ones are psychological state, emotional well being, health, spirituality, etc. Some people seem better designed to handle stress and make the most of it. They may even thrive on challenge and adversity. Others seem to recoil or withdraw during a difficult time. Which type are you? Do you try to make the most of any situation? Do you look at the bright side? Things to think about.



KATRINA GREENE, MSW

SUCCESSFUL LIFE COACHING

WWW.SUCCESSFULLIFECOACHING.COM

631-567-0008

Doing Your Best In A "Bad" Economy

Take care of yourself:

- ◆ **Eat right, sleep enough, get exercise, relax**

Take care of your business:

- ◆ **Streamline, organize, budget, network**

Create opportunities:

- ◆ **Brainstorm new ideas, collaborate, share resources**

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." -Winston Churchill

"Those who are free of resentful thoughts surely find peace." -Buddha

