

Thrive 101 | 70:30 Principle

Below, you'll find a list of questions. Make sure to watch the video on the 70:30 principle or walk through the tool with a mentor before completing the exercise.

1 | What are my natural strengths in life? Hint: What do I seem to do easily that it takes others more work to accomplish?

2 | What value or contribution do I typically bring to a team, organization or community of people?

3 | On the other side (the "30%"), what activities are the most draining to me? Hint: If you are on a team, what activities should you avoid being responsible for?

Now assess your current life and work responsibilities.

4 | Where is your 70:30?
(Ex. 40:60 = 40% natural strengths and 60% draining activities)

5 | What steps can you take **today** to start shifting to a healthier balance?

