



### Nate and Kaley Klemp: Shifting to a Mindset of Radical Generosity in Marriage



Nate Klemp, PhD, is a former philosophy professor and a founding partner at Mindful. Kaley Kelmp is a highly sought-after executive coach, facilitator specializing in building trusting and synergistic teams, and an Enneagram expert. Explore the power of shifting your mindset in marriage. Learn more about your default mindset and how to begin changing your experience of marriage by changing your mindset.

**TOP EMBODIMENT TIP:** Have a moment of appreciation and connection at the end of each day.

#### Models of Marriage:

- Previous generation's model:
  - the **80/20 model**, where women were 80% responsible for the health of the marriage; but each partner knew their roles. The belief was "*That's not my job*" which created a mindset of "*deference and control*."
- Our generation's model:
  - The **50/50 model**, where the belief is "*when you win, I lose*," creating a mindset of "*fairness*."
  - In this equal model, **who does what in a model of fairness?** Figuring out that fairness is the fundamental challenge of modern marriage, leading to fights that include: the domestic score-keeping fight, the friends and extended family fight, the money fight, and the free-time fight, and others.
  - **Fairness doesn't really exist, and it doesn't work.**

#### The 80/80 Marriage Model: Marriage from a Mindset of Radical Generosity

- The three main elements of radical generosity are:
  - Contribution: What you **do**
  - Appreciation: What you **see**
  - Revealing: What you **say**
- These lead to **the virtuous cycle**: radical generosity goal + 80% motive (you win, I win) = contagious connection
- **Shift your own mindset: That shift in your mind has the power to shift the entire culture of marriage.** An attitude of "what can I do to help?" is contagious!

#### Resources

- ❖ **Books:** [The 80/80 Marriage](#); [Start Here: Master the Lifelong Habit of Wellbeing](#); [The 15 Commitments of Conscious Leadership](#)
- ❖ **Website:** [8080marriage.com](http://8080marriage.com), [mindful.org](http://mindful.org)
- ❖ **Social:** [@8080marriage](https://www.instagram.com/8080marriage)

## Nate and Kaley Klemp





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When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

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