

WIN AT WORK AND SUCCEED AT LIFE

5 Principles to Free Yourself From the Cult of Overwork

MICHAEL HYATT and MEGAN HYATT MILLER

MICHAEL HYATT is the founder and chairman of his own business consulting company, Michael Hyatt & Co. He was formerly chairman and CEO of Thomas Nelson Publishers. He is the creator of the Full Focus Planner, and the author of several books including the bestsellers *Free to Focus*, *Your Best Year Ever*, *Living Forward*, and *Platform*. His work has been featured in the *Wall Street Journal*, *Fast Company*, *Businessweek*, *Entrepreneur*, and other publications.

MEGAN HYATT MILLER is Michael Hyatt's daughter and CEO at Michael Hyatt & Co. She is also the co-host of the *Lead to Win* podcast. Under her leadership, Michael Hyatt & Co. was named by *Inc.* magazine as one of its Best Workplaces for 2020.

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MAIN IDEA

Do you really have to choose between winning at work and succeeding at life? In other words, do you have to work such long hours that you have no time and energy left over for your family and other interests?



Most people will say you have to choose one or the other, but a "Double Win" really is feasible. You can have a great career, and simultaneously succeed at life as well. To achieve that, five principles are involved:

- 1 Recognize success is multi-dimensional
- 2 Constraints are great productivity tools
- 3 Work-Life balance is genuinely possible
- 4 There's great power in nonachievement
- 5 Rest is the foundation of true productivity

"Time and again we've seen leaders multiply their revenue and slash their hours. We've seen them achieve unprecedented success in their career and in their personal life. We've watched our coaching clients become more productive while at work and fully present when at home. They just needed a new approach. Maybe you're in the same boat."

– Michael Hyatt and Megan Miller



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Principle #1 – Recognize success is multi-dimensional Pages 2 - 3

Work is important, but you can also be successful at building a family, having great friends, serving in the community, becoming physically fit, and so on. True success is only achieved when you're successful in all the areas that matter to you, not just your career.

Principle #2 – Constraints are great productivity tools Pages 3 - 4

Constraints always force you to make choices. Everyone has a finite amount of time, money, energy, mental bandwidth, and so on. When you work to those constraints, you'll experience tremendous gains and fresh thinking. Welcome and embrace constraints.

Principle #3 – Work-Life balance is genuinely possible. Pages 5 - 6

Work - life balance is not a myth. It can be achieved, but be aware it's dynamic rather than static. To achieve it, you're going to have to make ongoing adjustments and fine tuning. Weigh the domains of your life, and give the right weighting to all the different domains.

Principle #4 – There's great power in nonachievement. Pages 6 - 7

Having hobbies, making art, and spending time on raising your family are incredibly enriching and restorative. Build some time into your schedule for doing the stuff you love, but which won't show up on your balance sheet. Downtime pays great dividends.

Principle #5 – Rest is the foundation of true productivity Pages 7 - 8

People are trying to cram more and more activities into every day in pursuit of productivity. Don't fall for it. You need to be getting enough sleep to feel good. Sleep is not a necessary evil – it's something you need to do to charge up your batteries over the long haul.

