

# How Do You Measure Success?

In a business world driven by deadlines, money, burnout and stress, it may be time for a workplace revolution. So suggests Arianna Huffington, president and editor-in-chief of *The Huffington Post*, who says we need to move beyond defining success by the power and money we gain from careers. Huffington recently authored a new book touting this premise, it's titled "Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder."

Huffington notes, "Our eulogies [will] have nothing to do with our résumés — have you ever heard a eulogy that said 'George was amazing, he increased our market share by one-third?'... It's all about the other stuff — how we made people feel, did we make them laugh, what did we mean to our children and our loved ones. We [need] to start running our lives in a way that gives a eulogizer something to work with. The true measure of accomplishment should tap into ourselves."

Huffington has learned from her own personal experience that climbing the ladder of success in pursuit of money and power, often means sacrificing health and well-being, and missing out on meaningful opportunities to give back. Huffington likens the drive for money and power to two legs of a three-legged stool, noting they may hold us up temporarily, but sooner or later we're going to



tumble over. She suggests we need a third leg — a third metric for defining success — to truly thrive. That third metric, she writes in "Thrive," includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving.

Another component of a fulfilling life and career is to let your head hit the pillow, Huffington says. After a health scare in 2007 led her to realize the importance of sleep, she is spreading the word that getting the proper amount of shut-eye is crucial to success — especially when it comes to workplace performance.

"Sleep is the miracle drug without any side effects — absolutely everything gets better with sleep," she says and notes, "Look at how careful we are about

recharging our smartphones as opposed to our brains. We need to stop thinking that the last email is more important than we are."

Huffington stresses that success shouldn't depend on accomplishments at work. The most important thing is the legacy we will leave in other aspects of our lives.

## Unplug for a better tomorrow

In order to grab the rest we need, we must put ourselves before our devices. Experts offer this quick list of things to do at the end of each day to help recharge for the next day.

- **Review your to-do list.** Don't save this task for the next morning. It will help your brain prepare for the next day.
- **Do a brain dump.** If any thoughts are running wild in your head at the end of the day, write down what's on your mind. Not everything has value, but once it's on paper you can usually rest easier.
- **Set a firm shutdown time.** Email and texting can go on all night. Make a decision to stop checking a few hours prior to bed. Most things can wait until morning.
- **Center yourself.** Find 20 minutes in the evening to relax and allow for introspection. Let go of negative feelings. **HW**