



This Is Your Life Podcast
Season 8, Episode 12
Published: September 12, 2016

Michael Hyatt

Michele Cushatt: Welcome to *This Is Your Life* with Michael Hyatt, where our goal is to help you win at work and succeed at life. My name is Michele Cushatt, and joining me in the conversation today is Michael Hyatt. Hey there, Michael.

Michael Hyatt: Hey, Michele. How are you doing?

Michele: I'm doing good. How about you?

Michael: Doing great. Thanks.

Michele: Well, I'm going to quote some of your words back to you. Don't you love when people bring your own words back to you?

Michael: Well, it depends on what they are.

Michele: These aren't bad. I promise. You once said, "If you are working more than 55 hours a week you are likely working too much and out of alignment with your priorities." You said this a couple of years ago, I think. Do you still feel that way?

Michael: I do. The reason I feel that way is there's more to life than work. If you're working more than 55 hours a week, it should be a clue to you that something needs adjusted, because you're probably sacrificing some aspect of your life that you really can't afford to sacrifice if you're in it for the long game.

Michele: So be honest here. I want you to be completely transparent. I mean, we watch you online. We see all of the different projects you're doing. I watch you. I know you pretty well, and it looks like you're working all the time. How many hours a week would you say you're truly working?

Michael: Probably 40 to 45. Literally, I don't get started till 9:00 in the morning and I quit promptly at 6:00. I don't work on the weekends. Occasionally, after dinner I might get back

online. It depends on what's going on, but rarely. I've built up a team, which makes it look like I have more presence than I really do, but there are a lot of people doing things for me.

Michele: All right. It makes sense. So now tell us, for those of us who feel like we're working far too many hours, whatever that number may be, what assets are at risk if we continue to push ourselves too hard, too many hours?

Michael: I think there are five. Let me give these to you quickly. First of all, your *health*. That's huge. I thought early in my career I could get by by eating junk food and not exercising. When you're young you think you can live forever, right? What I learned is that eventually that catches up with you, and it caught up with me.

I could tell you about a lot of the things that happened. One thing that did happen was my gallbladder exploded. I don't know how directly related that was, but I have to believe there was some impact from the quality of food I was eating. I think there are a lot of people who have died young simply because they refused to take care of themselves. It was like a self-inflicted wound.

Obviously, there are congenital diseases. There are things that happen to you that you don't have control over, but I think a lot of health-related issues are self-imposed. We do it to ourselves because we don't take care of ourselves. I think when you work more than about 55 hours a week on a steady basis... I realize there are seasons when you may go out of balance, but when you do that on a regular basis you're putting your health at risk, and that's the first asset.

Michele: All right. What would the other assets be?

Michael: The second one would be your *family*. Here's the deal. You can't afford a divorce. I can't either.

Michele: It's expensive. Don't do it.

Michael: It's incalculable.

Michele: So true. Not just financial but the cost is massive.

Michael: Yeah, everything. I watched one of my really good friends a couple of years ago go through a divorce and I don't think to this day he has any idea of the cost, the impact, the collateral damage that was imposed not only on him but his family and even his friends. I think also you can't afford to ignore your children, which is one of the things that happens

when we're working too much. If you don't invest in them now, you're going to be forced to spend time with them later, whether it's in rehab or juvie or worse.

The third asset is your *friendships*. I didn't really have any close personal friends until maybe seven or eight years ago. I thought my acquaintances and my colleagues at work were enough. I had that confused. The thing about relationships is they really do create good health. There has been study after study that shows if you want to live long, if you want to live well, a network of intimate friends is really important. If you're working all the time, you don't have time to cultivate those friendships.

Michele: Yeah, there's no time for it.

Michael: That's right. The fourth thing is just your *effectiveness*. I'm certainly guilty sometimes of thinking I could just muscle my way through activities and just keep at it, keep pouring on the coal and make it through, but the truth is there comes a point where it's a law of diminishing returns. You know how it is. It's late at night. You have a book deadline due. You know this.

Michele: Yes, I know this.

Michael: We were talking about this before we started. You have a book deadline due. You're trying to do the edits. You're trying to finish it up, get it off to the publisher, and at some point... For me, usually, if I'm working past 6:00 at night when I'm tired, things take twice as long, whereas when I'm rested... If I wake up after having a really good night's sleep, I can knock out stuff that would have taken me two hours at night that will take me one hour in the morning.

Finally, fifth, your *influence*. This is really important, especially for those of you who are business owners or for those of you who are executives in corporations. The people who report to you, the people you work with, unconsciously begin to mimic you. You may have noticed this when you go into another organization. They don't even see it in themselves anymore, but maybe they all kind of dress alike or maybe they use some of the same verbal expressions or the way they enunciate certain words, have the same kind of laugh, whatever it is.

It's an unconscious thing, this whole idea of mimicking. It's human nature. What happens is when you're a leader people are going to mimic the good and the bad. You're going to set the pace whether you like it or not. If you work 70 hours a week, your people think they have to work 70 hours a week to satisfy you. That's what the new standard is. You set the standard, and they believe unconsciously that that's the standard they have to keep.

The problem is that most of them are not going to be able to keep up, and you're going to be responsible for the consequences. Maybe your marriage can handle it because maybe you're in a different season of life. Great. But what about those who can't? They go through a divorce, one of their kids goes off the rails, or their health is a bust. Are you willing to accept responsibility for that because, as a leader, you didn't exert the kind of influence that had a positive impact on people but were unconsciously setting a standard they couldn't keep up with?

So these five assets are critical: your health, your family, your friends, your effectiveness, and your influence. I want to just say that I believe, Michele, like I know you believe, in working hard. One of the things I really believe about productivity is when you have the right productivity system in place it allows you to be fully present at work so that you're not thinking about home so that one hour equals two hours when you're distracted.

If you're highly focused and really zeroed in, you can get a lot done. I get a lot done. I'm a very productive person. I don't mind saying so. I have a lot of faults, but productivity is not one of them. I'm not thinking about my wife when I'm at work, and I'm not thinking about my kids. I'm focused on my work, but then I let it go.

When I'm with them, I can be fully present with them. I'm not thinking about my work. I really believe in hard work, and I really believe the challenge of our time is to figure out how you can create a system, how you can design a work-life balance, where you're not working more than 55 hours a week and you're still able to win at work and succeed at life.

Michele: So here's my question. You just mentioned this phrase *work-life balance*. I knew that was going to come up. There's a question about whether or not balance is really possible or if balance is really what we're aiming for. So can you speak to that for just a minute?

Michael: Yeah, it's kind of a flawed metaphor. I tend to think of it more as managing my priorities. Let's just take the balance for a second. Daniel Harkavy and I talked about this in our book *Living Forward*. When you're in balance, it doesn't mean you're applying an equal amount of time to every domain of your life, to every account. *Work-life balance* doesn't mean I'm spending 55 hours at work and 55 hours with my family and 55 hours at church, or whatever.

Michele: Yes, exactly. That's not even reasonable. It's not possible.

Michael: No, because you don't have that many hours in a week. What it does mean is that you're spending an appropriate amount of time and energy and focus in each of those areas.

For example, I work out (this is just me, and you don't even have to do this much) an hour a day, six days a week. If you're training for the Olympics, maybe you have to work four or eight hours. It's your job. But that's not me.

I don't spend zero either. I spend the appropriate amount of time, based on my own judgment. There's no standard you can go to and find out what the right amount is. I spend an appropriate amount of time on my family, and I spend an appropriate amount of time in work and church and all the rest.

Here's the thing about it. I want you to think back to a time when you were physically trying to get your balance. Maybe you were working out at the gym. Maybe you were doing a ropes course. When you're trying to be in balance is a time when you're really shaking and working hard to maintain that balance. That's normal. I think sometimes we think if we're in balance we're going to be in this Zen-like state and don't have to work. We just kind of float and it all works.

Michele: Everything all falls into place just perfectly.

Michael: That's right. My trainer this morning... I was doing this particular exercise where I was having to squat down like I was sitting down on one leg and pull the other... I don't know if I can explain this, but almost like cross my leg onto the other one with nothing to sit on. I was all but falling over.

Michele: Too bad we don't have any Instagram pictures of this right now, because that would be gold.

Michael: I know. I've been working on this exercise for a while and I'm better balanced than ever, but I still struggle with it. I know how important balance is as I get older. In that moment, when I'm trying to be balanced, it's taking a lot of focus and a lot of work. You just have to live with that tension. I think the same is going to be true for people as they strive to live a balanced life. It's going to feel like work, because, let's be honest, we live in a world where there are a ton of competing demands.

Michele: Yes, true.

Michael: If you left it to the people making the requests, they would have all of you. Your church wants all of you. Your family wants all of you. Work wants all of you. You're there in the middle trying to adjudicate all of these demands and come up with an appropriate level of

attention and focus and energy for each of those different accounts so you can be balanced, because life is not just one compartment.

Michele: So good. Well, the title of today's podcast is *Do You Really Want Work-Life Balance? The Surprising Alternative*. Michael, you're giving five suggestions for living according to priorities, aligning your priorities according to how you really want to live. You have five very clear suggestions for how we can do that, which is good news, because I think all of us feel that constant tension between our competing demands. What is the very first suggestion you have for us?

Michael: *Get crystal clear on your priorities.* I said this is more about priority management than it is about balance. I think that's where we have to go first: get crystal clear on our priorities. I mean literally write them down. What's the most important priority in your life? What's second? What's third? And so forth. When Daniel and I wrote *Living Forward* we said you create a life plan by answering three powerful questions.

The second question is where we focus on priorities. What's important to you? Not important to your spouse or your employer or your pastor, or whatever, but what's important to you? You have to take responsibility for that. I'm a Christian, a person of faith, as are you. My number-one priority is God. I'm not saying that has to be the same for everybody else. It's not going to be, but for me, that's the organizing principle for everything else. I really should say the organizing *person* for everything else.

The second priority for me, and this surprises a lot of people, but we've talked about it on the show. The second priority is me. It's a little bit like when you go on a flight and the flight attendant goes through that little spiel at the front end of the flight where they say, "In the event that the cabin loses pressure, oxygen masks are going to pop out of the roof. Before you attempt to help somebody else, make sure you affix the mask to your own face." Why? Because if you pass out, you're not going to be of any help to anybody.

Michele: You're no use at all whatsoever.

Michael: Think through it like this: if your health suffers and you're not working out, you're not taking care of yourself in terms of nutrition or getting adequate rest... You're not going to be of use to anyone else if you're dead or sick. If you have psychological baggage that is unresolved, you're not really going to be in a position that you can help somebody else.

If you're going through marital conflict or marital distress, you're not going to be of much help or much use on the job. You're going to be distracted. You're not going to be focused. So it's

important that you take care of yourself, take care of your relationships. That's why I put myself second. Then after that comes my relationship with Gail and then my kids and about fifth on the list is my work.

Michele: All right. I love that this first suggestion is getting crystal clear. Not just writing down, "I want to be a good person and live a good life." You're literally being specific and clear about those priorities.

Michael: Yeah, I think it's important to have that list and revisit it occasionally. One of the things Daniel and I recommend in *Living Forward* is that you engage in a process of weekly review and quarterly review. The quarterly review is the time when I'm looking at my priorities and saying, "Okay, in this season of my life, are these the priorities that make sense?" To be honest, since most of the kids left home they have changed very little. They're pretty much the same as they have been for the last 10 years.

Michele: So that first suggestion is to get crystal clear on your priorities. What is the second suggestion?

Michael: *Schedule time for the things that matter most.* I don't know about you or the people who are listening, but if it's not on my schedule it's not likely to get done. The most important things have to appear on my calendar. Otherwise, they're not going to get done. I think scheduling those things is critical. We tend to easily schedule things related to work, our appointments, and all the rest.

By the way, one of the things that can really help at work so that you're not carrying work home and can manage on 55 hours a week is to schedule time to do the projects you've committed to. I can tell you from the corporate world one of the things that happened to me and a lot of executives is we tended to fill up the daytimes with meetings, and then we took our work home.

That's when we had to get the work done, all the work that was accumulating while we were sitting in the meetings or the work that was being assigned to us in those meetings. We were expected to do that some other time than during the daytime. One of the ways to break that is to actually schedule time in what Jason Fried calls the "Alone Zone" so you actually have time to work on it. Then when somebody asks you, "Do you have time for this meeting?" you can legitimately say, "No, I have another commitment then."

It's not just those things. It's scheduling things like, for me, what I call my *quiet time*, time in the morning. That's on my calendar, because that's an appointment. That's a commitment

that's very important to me. My commitment to my trainer is on there as well, and when I'm not training, which is only three days a week, Monday, Wednesday, and Friday, I'm working out Tuesday, Thursday, and Saturday on my own. Those are commitments.

I don't take breakfast meetings. I had an invitation this week. Somebody said, "Can you get together at 7:00 on Thursday? I have a meeting. I'd love to have you come to this meet-up." I just said, "Man, I can't. I already have another commitment." Well, I have a very important commitment. I don't have a commitment in the short-term and I could probably afford to miss that short-term, and occasionally I do. I'm not legalistic about it, but it's not helpful for me to miss those on a consistent basis. Date nights with Gail...those are on the calendar. That type of thing has to get calendared.

Michele: So the second suggestion is schedule time for things that matter most. You're saying that those items are literally written down on your calendar so they are scheduled. What is the third suggestion?

Michael: This was hugely helpful to me when my then coach suggested it to me. *Establish a brief set of nonnegotiables.* We spend a lot of energy making the same decisions over and over again. "What time am I going to leave the office today? When am I going to have date night?" for example. We could use that same energy doing the creative stuff instead of making those routine decisions.

Let me give you an example. I say *brief*, like, 7 to 10 of these on the list. Five is even better. Maybe even three would be better. Get a written set of nonnegotiables. For example, I said this earlier, but focusing on personal development for me... Don't anybody else judge yourself by this. Yours is going to be different, but personal development for me is between 5:00 and 8:00 a.m. I'm getting up promptly at 5:00.

I do it literally every day unless I've gotten in really late the night before and want to get my sleep in, but almost always it's 5:00 to 8:00 a.m. That's one of my nonnegotiables. I leave the office promptly at 6:00 p.m. I even have the lights... You have the luxury of seeing me on video. The lights behind me are programmed to go off at 6:00 p.m.

Michele: Nice. I like that.

Michael: That's a visual clue.

Michele: I was going to say. It's a visual trigger to remind you of your commitment, your nonnegotiable.

Michael: Another one is to take Gail on a date night every week. That's a nonnegotiable. Another one for me is I attend church every week. I don't get up on Sunday morning and wonder, "Am I going to go to church this week?" No, it's just one of my nonnegotiables. I'm going to go. Most times it's great; sometimes it's not, but I go every week regardless. Same way with date nights. Gail would probably say, "Sometimes you're awesome to be with and sometimes not so much."

Michele: Sometimes it's great and sometimes it's not.

Michael: But she does it regardless.

Michele: I love that. So this third suggestion is establish a set of nonnegotiables. You want it to be brief. You said anywhere from three to seven. Just a handful of things you aren't going to compromise no matter what.

Michael: Yeah. These are the things that are going to help you maintain this work-life balance we're talking about.

Michele: I love it. So far Michael has given us three of those suggestions out of five for this alternative to work-life balance, where you are aligning your life with your priorities and living according to those. We have two more suggestions coming up, but before we do that I want to ask you something quickly, Michael.

There is something that so much of your audience cares about. I know, because I hear them asking for it, talking about it. What do you do when you have too many things on your to-do list? How do you survive a workday when people and projects are constantly interrupting you?

Michael: Those are great questions, Michele. I used to deal with an overwhelming to-do list, a lot of lists, actually, a lot of interruptions throughout my career but especially as a CEO. Many ambitious, high-achieving business owners, organizational leaders, entrepreneurs, and ministers get bogged down in the to-do list trap and spend way too much time solving other people's problems.

Michele: The truth is none of us can really get anything important done that way, if we're just jumping from problem to problem.

Michael: Totally. You can't. It makes you miserable. It also keeps you from focusing on the projects that could generate the most revenue or make the most impact. Recently, I've been

putting together a three-part video series to help busy professionals change their approach to productivity so they can conquer their to-do list and get past the distractions and interruptions that are stealing their time. It's called *Your Total Productivity Makeover*.

Michele: I love it. It sounds great. What are you teaching exactly in this series?

Michael: Glad you asked. The first video is called The To-Do List Tamer. Michele, do you want to know the truth about your to-do list?

Michele: I'm not sure.

Michael: I'm going to tell you.

Michele: Okay, tell me.

Michael: Eighty percent of your tasks should never have made it on there to begin with.

Michele: You're speaking to the right person, because you wouldn't even believe how long my to-do list is. I'm a little panicked. I need that lesson. What else?

Michael: The first one is called The To-Do List Tamer. The next two videos are called The Interruption Eliminator and The Productivity Flywheel. I'm teaching high-leverage strategies so that you engage with your tasks and commitments in a completely different way. By the end, you're going to experience a lot more freedom.

Michele: I totally need this. I need a complete overhaul. So how do I sign up for it? How do I get access to the videos?

Michael: It's super simple. All you do is go to freetofocus.com/makeover, sign up there, and you'll get *Your Total Productivity Makeover* for free. It's especially for entrepreneurs and people who run their own businesses, because when you're trying to keep the lights on and the doors open you can't afford not to use the best possible approaches to your work.

Michele: Great. I love it. Again, for those listening, that's freetofocus.com/makeover and you can get all of those videos for free. Thanks so much, Michael. I love it.

Michael: Great.

Michele: Let's get back to our topic today, which is approaching life as a surprising alternative to work-life balance, to instead align your life according to your priorities. So far Michael has

given three suggestions for making that happen. It begins with get crystal clear on your priorities. Write them down. Second, schedule time for things that matter most, and third, establish a set of nonnegotiables. Michael, what is your next suggestion?

Michael: *Strive for alignment between your priorities and your daily practice.* This is the challenge all of us have. We come up with a list of priorities. We think, “Great. This will nail it. We have a list of nonnegotiables. Awesome.” If it were just that simple... The challenge is to practice what we preach even if it’s only to ourselves. There’s a reason you have to go in periodically to get your wheels aligned. The natural effect of traveling on roads that are uneven or under construction is that things get knocked out of alignment.

The same is true in our lives. Maybe there’s that big project that absolutely has to be done or you’re in the middle of a season where you’re introducing a new product or whatever it may be. Things can get out of alignment. You have to strive for this alignment and you have to make it a priority to get things back in alignment when they get out of whack.

Michele: Which is why it’s important, as you mentioned earlier, to go back on a regular basis and look at that written list of priorities.

Michael: Yes, totally. Absolutely.

Michele: All right. So focus on alignment between your priorities and your practice. Make sure they actually represent each other really well, that you aren’t just somebody of good intentions but you actually follow through on it in practice. What is the fifth suggestion?

Michael: *Accept the fact that there will always be tension.* We said this at the very beginning, but I want to reemphasize this. This is not a problem to solve; it’s a tension to manage. I don’t think there’s ever going to be this magical moment. I hate to disappoint people who are listening.

Michele: I’m a little crushed right now. I want a really easy solution, but there’s just none.

Michael: I wish I had one. I wish I had a formula or an algorithm you could use, but there’s never going to be a magical moment where you suddenly achieve work-life balance. You’ve managed your priorities, you have them all written down, and everything is playing out exactly as you envisioned it. No. There’s always this tension or temptation to get things out of whack, to not live your life plan, to not live your values.

You just have to accept that and be willing to work at it. I have a friend who’s a pilot and he was telling me that in flying a short distance, a couple of hundred miles, tons of course

corrections are involved. You're constantly course correcting. It's the wind. It's the equipment. It's something else that's constantly pulling you off course. Well, that's life. We don't need to try to change that or explain it away. That's just how it is.

If you're listening right now and you're out of balance, you go, "Oh my gosh! Michael and Michele have been reading my mail. I'm that guy. I'm that gal. I'm out of balance. I'm working 70 hours a week and it's not sustainable. I get that." Listen. Don't beat yourself up. It happens. I've been there, and I get there about once a year, where I'm just out of balance and I have to address it. It's a simple matter of taking the car into the shop, getting things back in alignment, and going your merry way.

Michele: Absolutely. Just so you know, you may have it only happen once a year. I feel like it happens to me about once every other month, so a little bit more often, but I think that's the nature of negotiating young children at home and full-time work and all of that. You have to constantly revisit it.

Michael: Well, one of the things we didn't mention, but I think this is an appropriate time to talk about it. Maybe it's a sixth suggestion. One of the best ways to do this, because we can all fall into self-deception or we're not self-aware of what is happening to us, is to have an accountability group, a group of people who hold us to our best self, who hold us to the kind of life we've said we've wanted and will say to us in those moments when we're out of whack, "You know what, buddy? You're a little out of alignment. You might want to check this."

That's one of the reasons why several years ago I created my Inner Circle mastermind. I did it with all guys, and I got a little bit of flack for that. I don't want to rehearse that. It was painful, but that's who I felt called to serve, because I have a lot of experience being a guy. I was so excited when you told me this past week that you're starting a mastermind for women, and I want you to talk about it.

Michele: Yeah, I am so excited about this. The truth is about 20 years ago I wish I would have had this kind of group. I must have been about 27 or 28 at the time. I was working in a very large national telecom company in their data networking division. I was in sales. You might not even know this, Michael.

Michael: I didn't know that.

Michele: I loved the job and apparently I did a good job at it, because within a year or two my boss's boss actually offered me a management position. Here I was, 28 years old, and I was going to be the manager of the sales team, which is a huge deal. I was thrilled. However, it was

a little bit more complicated than that, because at the time I was a single mom of a 3-year-old and this new role would require a little bit more work and travel once a month.

At the same time, the job would provide income we desperately needed, not to mention an opportunity for me to develop my skills and really thrive in my work life. This created a tension, kind of what we've been talking about, this tension between how to navigate our conflicting roles. I ended up turning down the position, because I didn't feel it would align with my priorities.

In the 15 to 20 years since then, I have found that same situation repeated again and again, where I found myself in this place of trying to negotiate how to honor my various roles in work and relationships and family and my community in a way that honors all of it. It's just not easily done.

That's the reason I'm starting what I'm calling the Inspired Life mastermind. It's for women who find themselves trying to navigate their often compartmentalized lives and helping them find the clarity, support, and resources to be able to thrive in their various roles to the best of their ability.

Michael: So who is this for? Describe the ideal candidate for somebody who ought to consider this.

Michele: It's for women, so here we go. We have a group for women. My apologies to all the men out there. It's not that we don't value them, but my expertise is in women and women's roles and work and life. It's for women ages about 25 and up. They need to have some experience in the workplace, either as an entrepreneur, a small business owner, even a corporate employee. I've been all of those things.

Similar to your Inner Circle, Michael, it's a significant financial investment, and intentionally so. We want those who opt to be a part of this very small group to be fully vested in themselves, in the group itself, and the process. It's a 12-month commitment, and I cannot wait to see the group we gather with us.

Michael: I know people can find out more on the landing page we're going to give them in a second, but the basic format is you're going to have in-person meetings once a quarter?

Michele: We're going to have in-person meetings once a quarter, where we really dive deep into business strategy and relationship strategy. Faith is the crux of so much we're going to talk about. It's kind of the backdrop for that. But yeah, once a quarter face-to-face meetings.

We're going to have monthly two-hour meetings. We're going to work through your Best Year Ever goal-setting process in January.

Michael: Awesome.

Michele: We have so many fun things. I cannot wait.

Michael: If people want more information, if this sounds interesting, where do they go?

Michele: They need to go to my website, which is michelecushatt.com/mastermind. All the information, including the deadline to apply, when the selections will be made, the first meeting, and all of that will be on that landing page. That way you can get all the information you need to make a decision.

Michael: Fantastic. I want to urge you guys to do this. I don't know of anything that will create faster transformation for you in your work and in your personal life than joining a guided mastermind like this. I want to applaud you for charging for this, and here's why. I did one of these for several years for free and the transformation was very minimal. I came to the conclusion that when people don't pay they don't pay attention. When they're invested, transformation happens more quickly.

This is not just me trying to justify charging for stuff, although I really believe it. I see it in my own mastermind. Because people have made a significant investment, they are very keen to make sure they're listening carefully and applying what they hear, and I have witnessed the transformation that happens both at work and at home. If that sounds like you, if you're listening to this and you think, "Oh my gosh! This is an answer to prayer," then go to Michele's page and have a look at all of the details about it.

Michele: Thanks so much, Michael. This fits so well with our conversation about if we really want work-life balance. That's what we're aiming for: to live out our lives, our mission, with priorities dictating our practices, with those priorities being fully aligned with our practices. Michael, you've given us great suggestions today on how to make that happen.

First, get crystal clear on your priorities. Second, schedule a time for things that matter most. Third, establish a set of nonnegotiables. Fourth, focus on alignment between your priorities and your practice. It doesn't just happen, so you're going to have to evaluate that on a regular basis. Fifth, accept the fact that there will always be tension. This is not something that's going to be resolved. It's going to be something you're going to have to navigate on an ongoing basis, but you do not have to work 55 hours a week. There's a better way to live.

If you enjoyed today's episode, you can get the show notes and the full transcript at michaelhyatt.com. Do us a favor before you go, however. It will only take a minute. Head over to iTunes and rate this podcast, especially if this content was helpful for you today. This is huge for us in terms of improving our rankings and keeping the show visible so others can discover it. Thanks so much for helping us out. Michael, do you have any final thoughts for us?

Michael: The final one I would say is get clear on your intention. You may not be able to go from 70 hours a week to 55 hours a week in the next 7 days, but I promise you this: you can do it over the next few months. It starts with an intention and a clear vision of what you want and then to begin to design your life and your work around that intention.

Michele: Excellent. Thanks, Michael, so much for your input, and thank you, listeners, for joining us today. Until next time, remember: your life, your one and only life, is a gift. Now go make it count.