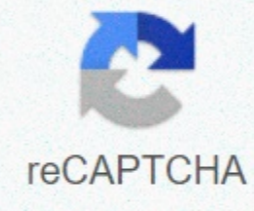




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## Types of monarchy succession

It's okay to worry about your work. It's even OK to care so much about your work that success in it makes you incredibly happy. But at a recent summit on qualitative experience management, Shawn Achor, author of *The Happiness Advantage*, made it clear that professional success should not define your happiness. He pointed out that when people set career goals, they believe that achieving this goal will be the ticket to ultimate happiness. They find that this is not always the case, because once they achieve that goal, they want more. They find themselves in a goal-setting cycle, realizing that it did not make them as happy as they thought, and setting higher goals. There is nothing wrong with setting goals and being happy or unhappy when you reach them, but this achievement should not dictate your overall happiness. Achor also explained the difference between happiness and pleasure. He used the example of when he will run. Is running nice? Lol But is he happy that he can move his body and work on his health? Yes. All of this raises the question, are successful people the happiest? If you look at success as just the amount of money someone earns, no, said Triplemint agent Tyler Whitman. As a real estate agent, I work with a wide range of employees, and money certainly doesn't equal happiness. However, I see success as someone who constantly works towards and achieves their goals. And I believe 100 percent that a goal-oriented high achieved has a much deeper level of happiness than those that don't reach the stars. Achor says the problem is when you tell people that happiness exists on the other side of success, because it doesn't exist. If your success rates over the next five years increase, your happiness levels are flat, he says. The reason is that you keep changing the goal post for what success looks like. When people reach their goals and are still not happy, it's good and bad, says Austin Bradley, director of special projects at Triplemint. The bad part is that the person must now investigate other areas of his life to find the cause of his misfortune. The good part is, through the process of elimination and the commitment to identify the cause, she will eventually make a discovery that will better balance her equation of happiness. Bradley noted that success and happiness are both subjective and relative, which has been one of the main points of Achor's keynote. Let's assume a baseline for both, Bradley said. Success is equivalent to a predictable, sufficient for savings and disposable income. Happiness equals expectations minus reality. The expectations of Generation X, Millennials and Generation Y, set by our parents and the culture in which we were raised, are that we can achieve success by doing something we love—which is not always the case. An important takeaway is that success and happiness are not mutually inclusive or exclusive. You can be and unhappy, and you can be fruitless and happy. What almost forces people to think of it as a single source of happiness? One reason could be money. It is a great correlation between career success and happiness, despite the old adage that money cannot buy happiness. The average American spends 40 to 50 hours a week chasing the traditional definition of success, Bradley said. Putting so many hours into it each week without achieving success has had a negative impact on the equation of happiness equals expectations minus reality. As most of us grew up, we learned that the ritual happened like this: You graduated from high school and go to college. You graduated from college and you have a job. You get a job and then buy a house. You buy a house and then have a family. So on and so forth. That is the traditional definition of success. But hunting for this in the current employment environment, where there are so many alternatives to 9-to-5 office employment, can have an impact on people who think this is the only way to succeed. It is important not to directly link the career that happens to career happiness. Life is made up of so many things that all need your attention to prosper. Personal relationships, health, well-being and professional relationships all have a place in your life and must be maintained. Whitman suggested a healthy balance of daily routines and stay open to fun life surprises. Focus on the things that make you happy, but also be on the lookout for new adventures. Counting on a piece of your life to dictate your happiness puts too much pressure there and ultimately puts unrealistic expectations on your career prospects, Bradley said. Where you put your time, care and attention is what thrives. January 6, 2015 5 min read The opinions expressed by entrepreneurial contributors are theirs. LinkedIn Influence, Greg McKeown, originally posted this post on LinkedIn.I recently met with a competent and motivated executive and asked, How are you? He gave me a quick response to all the things he did: travel, business updates, career changes and countless activities of his children. It looked like an intense but satisfying life. Then I asked him again, How are you really? And as soon as I did, he became emotional and the reality of his life came from invading him: his stress, his frustration at trying to juggle all this, his feeling that he didn't have time to really think, play with his kids or enjoy it. The (cute) is this: his schedule has always been full, but his life has not been fulfilled. What is less cute is the idea that he and many of us have been selling a merchandise bill. We were sold on a heroic ideal of the uber-man and super-women who kill themselves by saying yes to everyone, sleep four hours a night and force everything to set up. How many times have you heard people say, I'm so busy right But he seemed almost like a back door booster. But it is a false badge of honor. It stifles our ability to think and create. It also retains hard-working and skilled people from our highest contribution. Here are some of the myths of success that keep us from becoming very successful. Myth 1: Successful people say, If I can integrate it, I should integrate it. Truth: Very successful people are absurdly selective. As Warren Buffet is credited with saying, The difference between successful and very successful people is that very successful people say no to almost everything. Related: The Most Important Hour of Your Life (LinkedIn)As I wrote in an article for Harvard Business Review, this means, Not only randomly say no, but deliberately, deliberately, and strategically eliminate the nunsentials. Not just once a year as part of a planning meeting, but constantly reduce, focus and simplify. Not only get rid of the obvious time lassis, but be prepared to cut off really great opportunities as well. Few seem to have the courage to live this principle, which is perhaps why it differentiates successful individuals and organizations from very successful individuals and organizations. Myth 2: Successful people sleep four hours a night. Truth: Very successful people rest well so they can be at maximum performance. In the famous study of violinists by K. Anders Ericsson, popularized by Malcolm Gladwell as the 10,000-hour rule, Anders found that the best violinists spent more time practicing than just good students. What is less well known is that the second most important factor differentiating the best violinists from the good ones was actually sleep. The best violinists slept an average of 8.6 hours every 24 hours. Myth 3: Successful people think gambling is a waste of time. Truth: Very successful people see the game as essential for creativity. Just think of Sir Ken Robinson, who made the study of creativity in schools the work of his life. He observed that instead of fuelling creativity through play, schools are actually killing it: We have sold ourselves in a fast-food education model, and this impoverishes our minds and energies as much as fast food depletes our physical body. Imagination is the source of all forms of human achievement. Myth 4: Successful people are the first to jump in with an answer. Truth: Very successful people are powerful listeners. As the saying says, the people who talk the most do not always have the most to say. The powerful get to the real story. They find the signal in the sound. They listen to what is not said. Myth 5: Successful people focus on what competition does. Truth: Very successful people focus on what they can do best. The most successful coach in America is Larry Gelwix, the former head of the highland high school rugby team. His team won 418 games with only 10 defeats defeats over 36 years old. One of the key questions he challenged his players to ask was What's important now? He didn't want his players to get distracted by what the other team was doing. He wanted them to play their own game. Last week, I visited the Kennedy Presidential Library in Boston, Massachusetts. One of the quotes out there caught my attention. John F. Kennedy said: The great enemy of truth is very often not lying, deliberate, artificial and dishonest, but myth, persistent, convincing and unrealistic. Related: Two phrases that can change your life (LinkedIn)The myth here is celebrated in modern culture: it is someone who is capable, leads and wants to win and be popular. They were rewarded for their willingness to take everything, integrate everything and do it. They think it's better to do more than do less. I call this type of person a Nonessentialist.Still, there is a new hero in our story. She asks, What is essential? and is ready to eliminate everything else. He says no to less important activities so that they can give themselves fully to the few things that really matter. It's a path that requires courage. It may be necessary to make the trade-off between short-term popularity and long-term respect. It leads to a greater sense of control and even joy. But as an added bonus, it also seems to be the thing that distinguishes success from the very successful. Managed.

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