

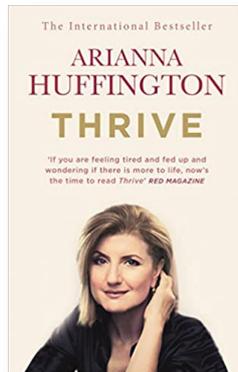


THRIVE

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THE BOOK



Thrive

The Third Metric to Redefining Success and Creating a Happier Life

by: Arianna Huffington



INTRODUCTION

Arianna Huffington, co-founder of the Huffington Post, built an empire but doesn't hesitate to confess that she lost a little of herself along the way. With her book *Thrive*, Huffington outlines how she got her life back on track. By focusing on what she refers to as the 'Third Metric', she teaches how we can all live more fulfilling lives.

In striving for success, people all too often work on the first two metrics of money and power. The problem is that living only for these two traditional metrics is like sitting on a two-legged stool. Without the essential third metric, 'thriving', you will always be unsteady and close to collapse.

Thrive is your essential guide to achieving this third metric by nurturing its four pillars, well-being, wisdom, wonder, and giving. Meticulously researched and filled with personal anecdotes and fascinating stories, Arianna Huffington's book is your ultimate guide to beating the rat race and truly thriving as a human being.



5 BEST QUOTES

"And whenever I'd complain or was upset about something in my own life, my mother had the same advice: "Darling, just change the channel. You are in control of the clicker. Don't replay the bad, scary movie."

"If you take care of your mind, you take care of the world."

"It's not 'What do I want to do?', it's 'What kind of life do I want to have?'"

"We all have within us the ability to move from struggle to grace."

"When we are all mind, things can get rigid. When we are all heart, things can get chaotic. Both lead to stress. But when they work together, the heart leading through empathy, the mind guiding us with focus and attention, we become a harmonious human being."



12 BIG IDEAS

WELL-BEING

Well-being is essential to a happy, fulfilled life. It is the sum of your physical, mental, and spiritual health and should be nurtured through the three following factors:

1. Sleep

The importance of sleep cannot be overemphasised. In the hustle-bustle of modern life, sleep is all too often sidelined as we try to squeeze as much as we can into every day. Huffington explains at length just how important sleep is to your well-being as well as to the well-being of companies. A well-rested employee or student is a happier and more productive employee. He or she will be physically healthier and suffer less mental health issues. This applies to CEOs and Principals just as much as staff and students.

2. Movement

It is vital for your well-being to move around. You don't need to run marathons but just getting up and walking can make all the difference. Huffington tells how many of her best ideas came during hikes. She even advocates having meetings on the move. Exercise is good for your body, your mind and your soul, whether it's running, walking, yoga, or dance.

3. Meditation

Meditation, particularly mindfulness, is no longer simply the purview of the hippy new age movement. Studies continue to show the deep and lasting positive effects that mindfulness has on the body and spirit. Huffington recommends you find the time for a few minutes a day of mindfulness meditation.

WISDOM

Wisdom is the step beyond intelligence. Even those with the highest IQs can lack wisdom. Huffington outlines these three major points for those seeking wisdom:

4. Listen to your intuition

You instinctively know what is the right thing, far more often than you might think. Take the time to listen to that inner voice. It will tell you what it is that you can let go of, whether it might be self-doubt, resentment or a project that you know is not going to happen.

5. Show gratitude

Odds are you have many things to be grateful for. Start a gratitude list and you will soon come to realise just how good your life is and can be. Take some time to share lists between friends and you will help to make each other's lives better.

6. Disconnect

Make time each day to be away from your screens and devices. What you get from these devices is information, not wisdom. All the learning that comes to you through the digital age cannot grant you wisdom. Being away from your devices will allow you the time to reflect on what is important and connect with what is actually around you.



12 BIG IDEAS

WONDER

You will be amazed at how your life will improve if you take the time to wonder at the incredible world we live in. We are surrounded every day by natural miracles and an endlessly wondrous world... and we should appreciate it!

Huffington gives these three tips to finding wonder every day:

7. Breath

Just taking a few seconds to focus on your breathing when you feel tense can be hugely effective to bring you into the present. Take the time to breathe and focus on your breath when you need to. Doing so will make you much more present in your life.

8. Find your joy

By finding an image that brings you joy, be it your child, a painting, the ocean, or whatever works for you, you can bring it to mind in difficult times. This will help you to feel centred.

9. Forgive

Holding on to resentment is toxic. It is best to find ways to forgive, whether it's someone who you feel has slighted you or even yourself. Find the strength to forgive. Without the burden of resentment, you will be free to enjoy the wonder around you.

GIVING

There is no way to truly thrive unless you find ways to return your positivity. Huffington outlines three great ways to give back:

10. Be kind

Be kind and treat people well. Make small, kind gestures a habit and you will soon see a positive effect on your mind, body, and emotions.

11. Connect (in person)

Take the time to be present with and acknowledge the people around you. Whoever they may be, they are a valuable person in their own right and you should treat them as such.

12. Share

Don't keep your talents and skills to yourself. Use your skills to help those who may need it and you will see how it can reconnect you to the natural abundance of your own life.

**3 ACTION STEPS**

At its heart, Thrive outlines these three action steps:

TAKE CARE OF YOURSELF

Look after your sleep, make sure you move around and find the time to meditate. By taking care of yourself and your well-being in this way, you will feel healthier and happier.

LOOK BEYOND SCREENS

The internet is an amazing tool, it is a fountain of so much information and allows us to connect in many ways. However, information is not wisdom and digital connection is not always real. Find the time to connect away from screens and to seek wisdom beyond mere information.

APPRECIATE THE WORLD AROUND YOU

We live in an amazing world. If you don't take the time to appreciate it, you are not making the most out of your life and you are far from fulfilling your potential. Take the time to embrace wonder and your life will be much closer to reaching true success.

**1 KEY TAKEAWAY**

Arianna Huffington's Thrive has a very clear takeaway; don't forget the 'third metric'.

It is vital that you don't get so caught up seeking money and power that you forget to truly thrive.

Wealth and power can only give you so much, ultimately they can drive you into an early grave. By nurturing and cultivating your third metric, well-being, you can become genuinely successful in life.

Build your well-being, wisdom, wonder, and giving potential and you will be much happier and more fulfilled. Don't try to build your life on a two legged stool but factor in thriving and you can truly call yourself a success.



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