



September 2022 Study Group

The Double Win
Win at Work and Succeed at Life

Michael Hyatt

Michael Hyatt shares 20 years of coaching expertise to help us both succeed professionally and build rich personal lives.

We know God cares about the way we work. (“Whatever you do, work heartily, as for the Lord and not for men,” - Colossians 3:23) Yet it seems we face an impossible choice: I can either win at work or succeed at life, but I can’t do both.

The Hustle Fallacy – I need to do everything I can to get ahead and succeed in my career now even if it costs my other life priorities.

The Ambition Brake – To have a well-rounded life and invest in other priorities I care about, I must suppress my professional ambition and settle for the status quo at work.

The third way: **The Double Win** – Win at work and succeed at life.

Five Principles of The Double Win

1. Work is only one of many ways to orient your life.

Other dimensions:

- Health
- Spiritual life
- Family
- Spouse and children
- Hobbies
- Friends

I will never be satisfied if I only give my attention to work and ignore the other domains of my life.

All domains of life are interconnected.

2. Constraints foster productivity, creativity, and freedom.

Set hard boundaries around work.

“I don’t want to sacrifice my family or my health on the altar of my ambition for my work.”

What time am I willing to quit work every day so that I can attend to the other domains of my life?

3. Work/Life balance is truly possible.

Giving the appropriate amount of time and attention to the various categories or domains of your life.

Takes planning and design:

Create my ideal week.

How much time would I invest in each of the domains of my life?

Kingdom Advisors is the leading advocate for the Christian financial industry.

We offer a step-by-step process to confidently deliver advice that aligns with Christian values.

Study Groups connect like-minded peers for encouragement, best practices, and accountability.



4. There's incredible power in non-achievement.

The most satisfying things in life aren't related to achievement.

They have power to help us relax and give life the richness we need to be satisfied.

We're often most creative when we're not working.

5. Rest is the foundation of meaningful, productive work.

It's not the reward for hard work, but it is the foundation for hard work.

Am I prioritizing rest?

Am I trying to get 8 hours of sleep every night?

Don't settle for anything less than The Double Win.

What would my life look like if I pursued it?

What would happen in the different domains of my life?

Discussion Questions

- 1 How do you react to Michael's statement that "Work is only one of many ways to orient your life"? In what ways is this statement easy to mentally assent to but difficult to live out?
- 2 Which of the five principles of The Double Win resonate most with you?
- 3 What's one thing you could do this week to harness the power of non-achievement?

Personal Reflection

- 1 Do I feel like I face a binary choice to either win at work or succeed at life? Why do I think that is?
- 2 Am I sacrificing my health or family on the altar of my ambition for work?
- 3 What next steps will I commit to take this week as a result of this Study Group?

In ***Win at Work & Succeed at Life***, Michael Hyatt and his daughter, Megan, share scholarly research and case studies drawn from their years of coaching leaders to help us achieve The Double Win. Available for purchase on Amazon.

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