



# Self-Care Is a Discipline

*Michael Hyatt*

Self-care is imperative, said Michael during his talk at [Leadercast Live 2018](#). He defined self-care as “the activities that make for a meaningful life outside of work while contributing to greater performance at work.”

Many leaders have bought into the idea of the ***hustle fallacy***, believing that more work equals more gain, but Michael presented research that proved the opposite. Too many hours at the office lead to physical and relational pain, and self-neglect. **Productivity, he says, is less about managing time and more about managing energy.**

Michael shared that his own life changed when he adopted the ***double-win truth***: the idea that work and self-care are symbiotic. Work gives confidence, joy and financial provision, while self-care gives you a clear mind, creativity and a well-rested body, enabling you to be your most productive self.

Practicing good self-care by sleeping enough, eating well, and engaging in meaningful hobbies and relationships gives us *more energy* to perform well, *more edge* to be creative, and *more endurance* for sustainable health and success.

## 3 Ways to Unlock the Benefits of Self-Care:

- 1) **Make a commitment** to taking good care of yourself.
- 2) **Set hard boundaries** around your workday and weekends to protect your margin.
- 3) **Set a goal** of sleeping eight hours a night.