

MAKE TIME FOR WHAT matters

Arianna Huffington explains how she has redefined success and created a happier life – and how you can too

Arianna Huffington, 64, is founder of the hugely successful news and blog site The Huffington Post. She lives in Los Angeles, and has two daughters. Her book *Thrive*, topped the bestseller lists.

1 Disconnect...to reconnect

I've banished phones from my bedroom. I'm not disciplined enough to resist the dopamine rush of social media. I also set up cut-off times for email and social media in the evenings. I go out for dinner without my phone, and I try and persuade dinner companions to leave phones in coats or bags.

2 Find your purpose.

I've realised there's more to my life than my job title or salary. My real-life purpose is my daughters and my sister. I'm a social creature, I have people in my life who love me, need me, and who benefit from me being present for them. To me, that's a pretty great purpose.

3 Start small

I've found just eating lunch away from my desk wonders. It's so obvious but no one does it. I go for a short walk, in the fresh air, to still my mind and notice what is going on around me.

4 Try this time trick

I've learned to become my own tough secretary and build in time alone, just for me, throughout the day. I actually write it in my diary otherwise it won't happen. Just 15 minutes to myself is enough.

5 Listen to your inner voice

I pay attention to that hunch; that inkling, or 'inner voice' that tells me to do

something, or not. Even if I'm not at a major crossroads moment, my intuition is always there, always reading the situation, always trying to steer me the right way. I try and feed and nurture my intuition, and live a life in which I can make use of its wisdom.

6 Enjoy elimination

When I turned 40 I did a major life audit. I realised how many projects I'd committed to which I just didn't finish, or sometimes even start. It was liberating to realise that I was allowed to simply scrub things from my to-do list. I don't need to learn German, become a good skier or learn to cook if I don't have time, hurray!

7 Accept the need for sleep

These days I almost always get eight hours of sleep. But that means prioritizing and saying no even to fun, enjoyable stuff. I give myself a bedtime and treat it like an un-missable appointment, like catching a train or a plane. Then I plan my

night in reverse from that time. I set a bedtime alarm in the bedroom, which means at least I end up in the right room.

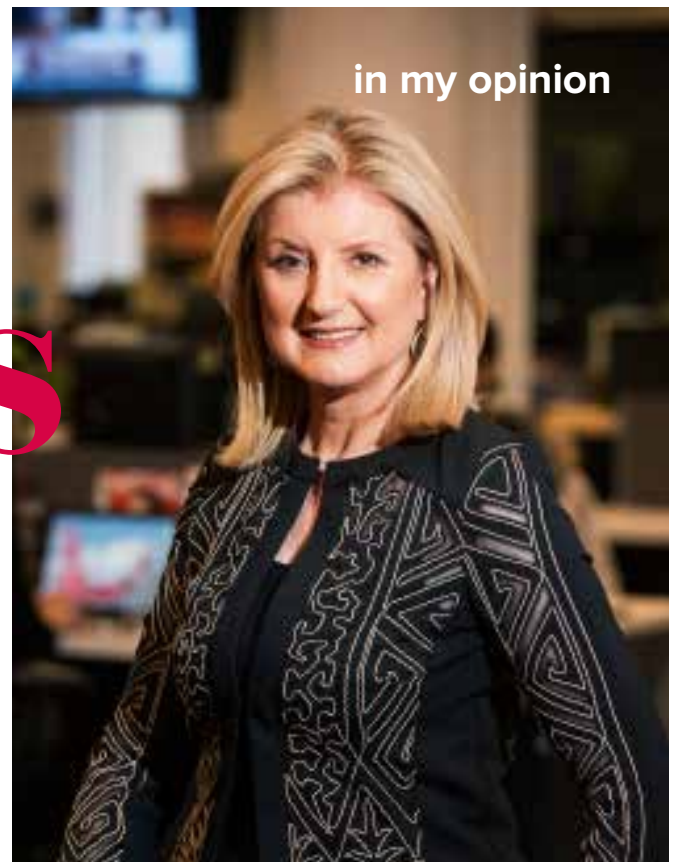
8 Evict your 'obnoxious roommate'

We've all got an inner critic, who feeds on putting us down and strengthening our insecurities and doubts. I call this voice the obnoxious roommate living in our head. I wish someone would invent a tape recorder that we could attach to our brains to record everything we tell ourselves. We would realise how important it is to stop this negative self-talk. I have spent many years trying to evict my obnoxious roommate and have now managed to relegate her to only guest appearances.

9 Remember to give back

Essentially, giving is a miracle drug (with no side effects) for health and well-being. Service and volunteering are just as important for the giver as well as the receiver. When one of my daughters had an eating disorder, she started volunteering at a centre for under-served youth. I saw how it began to change the way she saw herself and her own perception of her problems and difficulties. There's nothing like putting your own problems in perspective.

Arianna Huffington's book *Thrive* (WH Allen) is out now **w&h**



HOW IT ALL BEGAN

Launched in the US in 2005, this alternative online news outlet has become one of the biggest success stories on the web, and now has 10 international editions.

