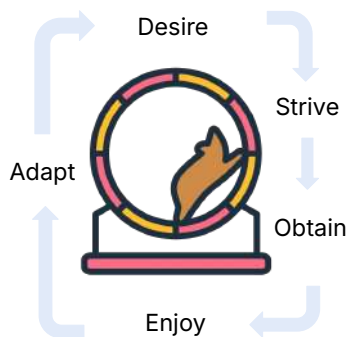


The Race of Life: Balancing Ambition and Wellbeing

Key Takeaways

1

Understanding the Hedonic Treadmill



WHAT WE'VE BEEN TAUGHT

- Work hard first
- Achieve the milestone
- THEN feel happy and "enough"

WHAT THE RESEARCH SHOWS

- The Hedonic Treadmill resets your baseline after every win
- The next milestone always appears just past the last one
- "Enough" never arrives through achievement alone

2

The Cost of Chasing "More"



Chasing "More"

Each milestone raises the bar for the next



Comparison culture keeps the gap open



Feeling Behind

No matter how much is achieved, the gap doesn't close

The Race of Life: Balancing Ambition and Wellbeing

Key Takeaways

3

3 Ways to Step Off the Treadmill



Define "Enough" for Yourself

Set a personal definition of success, not a borrowed one



Gratitude & Savoring Wins

Notice and savor wins to extend their emotional benefit



Mindfulness & Presence

Anchor attention in the present, not the next milestone

Need a bit more help?

Speak with your coach to unpack why the next milestone never feels like enough, practise savoring your wins, and build a definition of success that's sustainable for you.



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

