

Why You Need to Have Hobbies If You Want to Be Successful



While there's no denying that the demands of the modern workplace are higher than ever before, there's been a significant amount of research to suggest that achieving a proper work-life balance not only allows you to be more productive, but be healthier and live longer too. You can't be in work mode all of the time. You need a break both mentally and physically to something unrelated to work to recharge and keep a healthy perspective. If you've ever wondered what the hobbies of some of the most successful people are, read on.

Sailing

Just like running a successful business, sailing involves plotting a course and optimizing your strategy to get from point A to point B. Becoming an accomplished sailor takes time and is full of ups and downs depending on factors that are often out of your control. Many of the skills necessary to be successful in business are paralleled with sailing.

Yoga

Yoga can be a difficult activity to start but once you realize how beneficial it can be for your physical, mental and emotional health, you'll have a hard time stopping. Yoga is widely touted as an activity that brings about balance and the mindset you need to perform at your best both at and away from the office.

Running

You've probably heard people describe runner's high. What they are talking about is the euphoric feeling they get during a run when endorphins are released to the brain. Like sailing, running is also a pursuit that requires discipline, self-motivation, determination and mental toughness. Just as is true in business, running requires skills that almost all successful people possess.

Golf (my favorite)

It's not a coincidence that some of the brightest names in business are avid golfers as well. Not only is golf one of the most mentally challenging games in the world, it's a great venue to network, cultivate relationships and close deals. While there's all sorts of sayings like "you should never beat your boss" and "golf is your grandfather's game," it's a pursuit that affords you opportunity to recreate and do business at the same time.

Songwriting

You probably won't be selling out large venues anytime soon, but songwriting is a wonderful creative outlet. The patience, dedication and creativity it takes to match the right lyrics and melodies are all similar to the skills it takes to run a business. And the best part about songwriting, no one ever said you have to perform in front of someone else to enjoy it.

Chess

It should come as little surprise that the game of chess is a favorite past time for successful people. You could make the argument that you're playing a game of chess every day when you run your business. You're constantly having to think multiple steps ahead, make decisions based on partial information and adapt on the fly when unexpected challenges present themselves.

Reading

The most successful people know that if you're not always learning and trying to improve, you're getting lapped. Reading is one of the ways successful people wind down at the end of a long day but also keep their minds active and open to new ideas. The libraries of the best and the brightest aren't filled with the *Twilight Series* or *College Humor*. Instead, you'll probably find books from thinkers, philosophers and industry leaders.

Volunteering

Even if you don't have a lot of money to give to your favorite charity, there are countless ways you can help make your community a better place. Whether you volunteer at a local soup kitchen or coach your son's little league, the simple act of helping others is proven to make you feel better mentally and physically as well.

No one's going to question the importance of making money. You have bills to pay, groceries to buy and college funds and retirement plans to save for. If you want to be at your best at work and at home however, maintaining a healthy [work-life balance](#) is a must. If you make it a point to incorporate some hobbies that get you outside, involve physical activity and keep your mind active, you'll be setting yourself up to be more productive and live a longer, happier, healthier life.

My name is Jeff King and I am a [Life Sciences Recruiter in the Bay Area](#). Contact me today if you are interested in finding a job or hiring in the [pharmaceutical, biotech, or medical device industries](#).