

URL: <https://stvp.stanford.edu/clips/failure-in-work-life-balance>

"Failure is as much about success as success is," says Lisa Lambert, vice president at Intel Capital. "In fact, it's probably a more important part." Lambert reflects on aspects of her career she wishes she could revisit, including work-life balance. Get practiced in the art of saying no, she advises, and accept that your time and money, and other resources only occur in limited quantities.



Transcript

Failure is as much a part of success as success is.. In fact, it's probably a more important part.. Abraham Lincoln said, "It's not whether you fail that concerns me, it's whether you're content with the failure." So, expect that you're going to fail.. I mean, don't be pessimistic and depressed about it, but expect that along the way, you're going to make mistakes.. And I certainly have made my fair share.. I think a couple of things that I probably underestimated when I was in college -- the whole work/life balance thing.. I mean, you guys don't really think much about it now I mean because it's just unlimited time and unlimited energy is what you have right now.. I mean, you're living on adrenaline, right - adrenaline and candy or junk food.. Not all of us.. But when you get to become my age, which you don't need to know but when you're over 25...

You mean like 27? Yeah.. Yeah.. Things change.. And managing all of your interests in a way that keeps you healthy and happy is really, really difficult.. I mean, there are so many things you have to say no to.. That's the word that you - you really want to get practice with while you're in college, just because you're not going to be able to everything that you want to.. There's not enough time of the day.. There's not enough bandwidth that you have to do all the things that you want.. So find a way to balance your spiritual life, your recreational life, your professional life, your family life, all the things that matter to you.. The sooner you get practiced with that, the better, because you're going to have to make some really difficult decisions and tradeoffs as you mature in your career..

And I guarantee you that will be one of the things that you struggle with the most.. And I don't know that I can give you advice on how you prepare for that now.. But just begin to think about your universe as being limited.. It's not unlimited.. You don't have an unlimited time.. You don't have an unlimited budget.. You don't have unlimited resource.. It feels that way when you're 19 or 20, but you really don't have that so start making good decisions, time management, budget, et cetera.. Those things will help you...