

URL: <https://stvp.stanford.edu/clips/staying-grounded>

Emmy Sobieski, COO of Competitive Storytelling, Inc., shares how she has stayed grounded and found balance in her life while working for billionaires and finding success in business.



Transcript

- How do you stay grounded, right? 00:00:05,340 Being like with industry titans and amazing people that you're meeting, how do you stick by those values that you live your life by and what would those be? - One thing I will mention, 00:00:17,253 I've worked for four billionaires.. And their lives are not perfect.. And I know multiple people who have spent three, six, 10 years in jail.. And so I look, when I look around, when I'm in these crowds of wealthy and powerful people, first of all, a lot of them are not happy.. And second of all, a bunch of 'em don't have their freedom.. They're in jail.. So it's not really what I wanna optimize towards.. You get that hubris and you're miserable.. And so the key for me is to do my best every day, get a lot of joy out of doing my best every day, and not iterate out of optimal.. So if I find a nice balance, like I have working for Robbie where I get up in the morning, I go for a walk with my friend, then I go to the gym for a couple of hours..

I've told Robbie when I was joining him, I'm gonna be working out and fueling myself for the first five hours of every day and I'm available after 9:00 AM.. I start at four, 5:00 AM and I'm available after nine, 9:30 AM, and I'm available for the whole rest of the day.. But that beginning is for my health and self-care.. And often you'll get all kinds, I'll get all kinds of offers to be on a webcast or do these interesting things in the morning.. And I have to remind myself, don't iterate out of optimal...