

My *Wake-Up Call* at the Peak of Success

Based on Ashish Kothari's *TEDx Summer 2025*



The *Illusion* of Success

I was living the dream:

Partner at McKinsey & Company

Financial security

Admiration from clients and colleagues

But inside?

Anxiety

Exhaustion

Emptiness



The *Breaking* Point

I asked myself one question
that changed everything:

*"If this is success... why
does it feel like failure?"*

That moment led me to
reexamine everything.



Rewiring the Operating System

To truly flourish, I had to redesign
how I lived and worked:

*I made space for what made my
heart flutter*

I stopped saying yes to everything

I embraced micro-recoveries

I shed toxic relationships



The *Core* Realization

Here's the truth:

We've been taught that
success *leads* to flourishing.
But it's the other way around.
Flourishing is the *foundation*,
not the finish line.



The *4 Steps* to Flourish at Work

Ready to lead with flourishing?
Here's what great companies do:

- 1. Treat wellbeing as a strategy*
- 2. Measure what matters (not just engagement)*
- 3. Pulse-checks monthly*
- 4. Empower teams to build agency*



Call to *Action*

If you want to go from surviving to thriving at work...

Watch my 10-minute TEDx here:

<https://youtu.be/eRV-2C-fkNg>



Follow **Ashish Kothari** for tips on how to make *flourishing* your competitive edge.