



## The RIGHT Formula For Balance, Productivity And Prosperity

by Pat Heydlauff

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Stress. Lack of sleep. Escalating responsibilities at work. No time for yourself. Small “stuff” that just keeps adding up. If this sounds similar to your situation, know you can do something about it. Getting back on track is all about creating balance in your life or the life of your organization by using its principles to focus positive energy on areas that need improvement. The first step is finding the problem; then, you can create the solution.

Sometimes improvement can be found simply by stepping away from your keyboard or telephone, and taking several long slow deep breaths. Even activities like doing a two-minute meditation in your chair or going for a leisurely walk can help. But when that doesn't cut it, try the “RIGHT formula” to discover what's going on behind the scenes. Look at the following areas of your life to see what is causing your energy depletion, disengagement and discouragement. Check out each area of the RIGHT formula to find the areas in your life that need to be reenergized and restored.

**R—Review your physical health status regularly.** Is your body performing on a half-empty energy tank? The physical body requires daily nourishment and exercise. Evaluate how you care for your physical body to see if there is something missing. Are you eating too much junk food? Should you take nutritional supplements? Do you exercise daily by walking or going to the gym? How long has it been since your last physical check-up? If you are overlooking something regarding the care and health of your physical body, take steps to correct it—that may be your missing link.

**I—Inventory your mental activities.** Are you stuck in the right or the left side of your brain? Mental variety and activity is essential to a balanced, energized lifestyle. Is all of your work on the logical left side of the brain? Do you work with numbers, quotas, computers and technical things all day? Find balance by doing something on the right side of the brain, such as creative writing, painting, sewing, sculpting or dancing, just to name a few. If your work primarily uses the creative right side of the brain, balance it with things left-brained activities such as mind games (Sudoku, crosswords and word find puzzles) or even physical activities such as tennis and golf.

**G—Get a life!** The importance of social activities to your wellbeing cannot be overlooked. While everyone needs varying amounts of social interaction, if it is absent or

very limited in your life, it will cause great imbalance. Deliberately add social events to your calendar—especially those with uplifting people—until you find the right formula for re-energizing and restoring your productivity and outlook on life. On the other hand, if you are a party animal, bring more balance to your life by limiting your number of social events. If you have too many of the wrong type of social events on your calendar, participate only in those that encourage you and lift your spirits.

**H—Hanging onto negative thoughts and events from the past drains your emotions and leads to discouragement, distraction and pessimistic thinking.** Emotions are very important in the re-energizing and restoring process. If your emotional well is dry, it is very easy for things to build up. Avoid this by placing something in the northeast corner of your desk or office that reminds you of a very joy-filled, encouraging and inspiring time in your life. It could be a picture of you graduating, receiving an award or even a toy from childhood. Then, take one hour of your day to read something inspirational or motivational. It can be an old favorite like “The Power of Positive Thinking,” the Bible, or a book of quotes. You need to fill your emotional well to overflowing so you can get past the re-occurring “stuff” and restore your energy.

**T—Teach your mind that your heart and soul also need to be nurtured and nourished.** Spiritual emptiness often accompanies a dry emotional well. Take 15 minutes every night before going to bed to quiet your heart and mind; dim the lights and light a candle in a safe container. Place the candle in the eastern area of the room to shed light onto and energize new beginnings. In the morning, spend the 15 minutes reflecting on an inspirational or motivational message. This will nurture and re-energize your spiritual side. During these times, you can also meditate and visualize yourself successfully balancing all five aspects of the RIGHT formula.

Having a life that goes your way 90 percent of the time without stress is all about being balanced physically, mentally, socially, emotionally and spiritually. When your life is out of balance things go wrong and “stuff” begins to pile up. The more balanced your life is, the less “stuff” you have to worry about. And, when things do come up, they will be much less stressful.

*Pat Heydlauff is president of Energy Design, a company that uses proven Feng Shui design principles to improve the bottom line. As a consultant and speaker, Heydlauff helps organizations and businesses of all sizes remove stress and clutter, while increasing creativity, employee retention and productivity. Her forthcoming book, "Feng Shui: So Easy a Child Can Do It," outlines the small changes that can lead to a big improvement in one's personal and professional success. For information, visit [www.Energy-by-Design.com](http://www.Energy-by-Design.com) or call 561.799.3443.*