

## Your Best Fit

Consider look and feel.



by Pat Heydlauff

**I**F YOU HAVE LOW ENERGY, things aren't going your way, you aren't making your goals or your productivity has dropped, take a close look at your clothes. What you put on in the morning sets the tone and success energy for your day.

Clothing provides you with either positive, success-oriented energy or negative, distracting, draining energy.

Your work may require certain clothing, but before you put on that navy suit or pink cardigan set, consider: *How will this outfit make me look and feel for the day?*

The colors, textures, design and fit of your clothing can make you feel confident and in control or weak, unimportant, and ineffective. Glitches, setbacks, obstacles, low focus, and missed deadlines often happen right in your closet.

*If it doesn't fit you, look great on you and make you feel like a million dollars, don't buy it; if it is already in your closet, get rid of it.* Apply this rule for the best energy.

*Decide what type of day you want to have and dress accordingly.* Determine what clothes give you lots of energy for a busy day and which ones provide low-key energy for a quiet, highly productive day. Consider the style, fit, and color of the clothing when making decisions. If you have a favorite suit that is subdued, but you love to wear it because you feel great in it, use accessories to add energy.

Use these guidelines to pick the right clothes and energize your day:

- To accomplish a lot with minimum interruptions, wear neutral colors like khakis, gray and washed-out colors to have a "melt-into-woodwork" energy.
- When you need to be very productive, upbeat and on-the-go, wear bright colors—they provide abundant energy.
- When you need to be in control, wear dark colors in fitted, structured designs. Subtle pinstripes work well. Wear light-colored shirts or blouses with dark suits, or use a necktie or neck scarf as a slight contrast with the darker colors. These provide strong, foundational energy.
- When you want to work at a leisurely pace, wear loose-fitting, light-colored clothes. They provide more creative energy and encourage interaction.
- When you want to absorb the energy of the moment, or use that energy to

make a strong statement, wear black. It provides internal, confidence energy.

- When you are self-confident, secure in knowing who you are and want to be noticed, wear red—it tells the world who you want them to think you are.

- When you are talking to customers, or spending all your time on a computer, wear earthy colors like brown, salmon, peach, light burnt orange, and beige. These provide connection energy.

- In sales, wear green or earth tones like salmon and peach. Green provides you with business and money energy. Earth tones help you connect to others.

- If you are in a high-stress situation, wear blue. It provides calming energy.

- In social settings, wear all the busy patterns, animal prints and floral patterns you want, but keep them out of the office. They provide energy that will

sabotage your focus and productivity.

- Consider white to be a good contrast color in the form of a shirt or blouse but avoid white suits and dresses—white is a low-energy color, meaning you have to provide the energy when you wear it.

Color, shape, and design provide positive energy when they are aligned with your energy needs for the day. Note how you feel when wearing certain colors, designs, and outfits. Do you feel drained or energized? If things aren't going right for you, look at what you're wearing and change it. You'll be more efficient and effective by wearing clothing that looks and feels good, and provides energy to help you achieve your goals. PE

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