

Feng Shui Workplace Strategies for December

By Feng Shui Expert Pat Heydlauff

Is this the time of the year your workplace is extremely hectic and overloaded with work or is it business as usual? Or, is this the time of the year that everything seems to grind to a halt – you cannot to get an answer from anyone for anything and you certainly seem to be unable to close a deal or make a sale?

December can be a very strange, even difficult business month. If you are in the retail marketplace or are a service oriented business, you can find yourself so busy you can't think straight. If you are in the medical field it can also be very busy because the weather has changed so more people are getting sick and/or over-consuming foods and beverages that make them ill. If you are in the investment arena it can be very busy if clients want to shift investments at the last minute or it can be totally quiet depending on the stock market. And, in real estate, it can be a really devastating month for sales.

Even if your workplace is one of the millions that are totally immune to the business fluctuations that occur in December, you are still impacted by all of the additional activities you must do and participate in, plus the many distractions and additional stress that occurs this month. Even shifts in working relationships with others in your workplace are often strained to say the least.

Strategies to help make Your December Productive

Your first objective should be to stay *in-control* during the month of December and your second should be to remain *productive* while dealing with the additional demands and inter-relationship shifts that occur this month. The strategies listed below are based on Feng Shui principles that will serve you well during this sometimes hectic month of the year.

- If you are feeling like you are losing control, especially in a stress filled situation, take 15 deep breaths – start by drawing in air through your nose, filling your diaphragm and then slowly blow the air out through your mouth – this energizes you to re-balance your thinking and eliminate stress
- If you feel annoyed because co-workers are distracting you – make a list of the 10 most important things you have to accomplish this month, rank them in order of

importance and then do them – this becomes your Intentions Board and should be referred to every time you feel distracted or annoyed, it will energize remaining focused and staying productive

- If you are in investments, real estate, or other marketplaces that really drop during December, this is the month you organize your thinking and client lists and develop your game plan for the new year – this is also the time to thank your clients by sending them a note of appreciation for their support and wishing them prosperity, good health and abundance for the new year ahead – your sincerity and gratitude will energize prosperity for your new year
- If you are in the medical and service oriented fields this is definitely the time to take care of yourself physically – December time commitments and the illness of others can create much unneeded stress and wear on your personal health – do as much positive health maintenance as possible such as eating better (not worse), getting extra sleep when possible and using your Intentions Board list to relieve personal distractions – self care and prevention leads to a healthier abundant life
- Start your day each morning by mentally planning for a productive success filled day – place the following note on your calendar at work or on your mirror at home – “I will have an in-control, productive and prosperous day today” and then smile – every time you smile throughout the day you will remind yourself of the subliminal message you gave yourself first thing in the morning – it will energize staying balanced and being productive

Staying in-control and productive is the most important gift you can give yourself in the month of December. At a time when chaos, distractions and over-stuffed schedules seem to be the norm, maintaining balance in your personal world is difficult at best.

Using Feng Shui balancing tools like deep breathing, removing distractions, planning for the new year, taking care of your health and starting each day on a positive note will help you stay on your *in-control* and *productive* game plan. Plus it will help you start the new year a short few weeks ahead with a competitive edge.

Mark your calendar – you are invited to attend Pat's first ever **solo art show** at the Juno Beach Community Center, Juno Beach, FL – reception December 14, 2007, 5:30 – 7:00 pm. Pat Heydlauff, President of Energy-by-Design (www.energy-by-design.com) and Feng Shui expert, is a consultant, speaker, columnist and award-winning artist. She has been consulting with individuals, families, and companies since the early 1990's, with clients ranging from California to Florida. In addition, she speaks at corporate and organizational functions, and gives seminars to enhance productivity. Pat Heydlauff can be reached at (561) 799-3443, or at balancingenergy@energy-by-design.com.

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"Everything you say, think and do matters."

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