

# R&R for Optimal Efficiency!



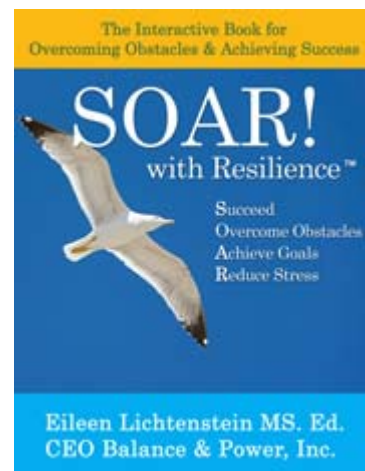
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We can feel more purposeful, focused and positive about our work by regularly giving ourselves the gift of recreation and relaxation. We may think that we need to stay focused and disciplined until we get the job done, especially if we are working hard on achieving the goals we've set for ourselves. While this level of dedication is admirable, it can also sabotage our enjoyment of our work and also the efficiency and accuracy. Choosing to create a state of balance and moderation in our activities will help us enjoy our daily experiences more. This helps us be more focused and productive when we are working.

***Remember that a rested mind is an efficient mind.*** Take time to honor your need for fun today, and you will help yourself achieve your goals. A good night's sleep is also extremely important to attain optimal productivity. I recently won a great raffle at Yvonne Bisk's Meet-Up Group: <http://www.meetup.com/LongIslandEntrepreneurs/>, the book "Delivering Happiness" by Tony Hsieh, CEO,

Zappos.com. Inc. that happily reading now! Tony is a huge advocate of work-life balance and taking time off to allow the creative juices to work. Thanks Yvonne, for spreading the good words!

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