

Living With Intention | October 31, 2005 Volume 2, Issue 5 | [Subscribe](#)

A Note from Deanna

Welcome back to *Living With Intention*.

I am brimming with excitement to share with you my newly released book, *Living With Intention: Designing a Wildly Fulfilling and Remarkably Successful Life*. Yes, indeed, the final product will be available at the end of this month! MARK YOUR CALENDARS FOR NOVEMBER 30TH, the release date for the book. **If you order the book on this date and this date alone, you will receive hundreds of dollars in free bonus gifts from some of the most respected experts in personal and professional development.** I am honored that Jack Canfield, best-selling author of *The Success Principles*, and Marcia Wieder, America's Dream Coach (and three-time Oprah guest) are just two of the experts who have signed on to provide complimentary high-value resources to my readers. What a rush!

You will receive a special announcement later this month sharing all of the details, but I wanted to give my subscribers and their friends, families, and colleagues a "heads up" about this one-day-only opportunity. So, make a note to change your life for the better on November 30th!

In this issue of *Living With Intention* you will learn about a critical element of wildly fulfilling and remarkably successful lives—appropriate recovery time to help you stay at the top of your game. We will also treat you to some quick tips and simple strategies for becoming an energy addict, which is particularly important as we move into one of the busiest times of the year—the holiday season. And, you will learn about some great additional resources for designing the life of your dreams.

If you like what you read here, please encourage others to subscribe! If you're not a subscriber, here's your chance to sign up for this free monthly publication - [click here](#).



Deanna Davis, PhD
deanna@appliedinsight.net
www.appliedinsight.net

In this week's issue:

- [Ideas for a Wildly Fulfilling Life](#)
- [Ideas for a Remarkably Successful Life](#)
- [Resources That Will Change Your Life](#)
- [Women Making a Difference](#)
- [Contact Info](#)

Ideas for a Wildly Fulfilling Life... Radical Recovery

I'm sure I am not alone. Others have, no doubt, experienced a fate similar to mine at some point in their lives. Here's what happened: My husband and I had traveled to one of our

favorite cities with my sister and her husband to spend two days painting the town a rather striking shade of red, which I have dubbed “crimson with brick undertones.” We were concluding our stay with a fabulous evening out—dinner and a trip to the theater.

The previous evening’s festivities had ended at around 3:00 a.m., understandably compromising the potential for a good night’s sleep. And, as is often the case during town-painting marathons, none of us had been adhering to a healthy diet by any stretch of the imagination. Likewise, we were having way too much fun to take a break for our accustomed workouts. But, life is short and so are weekends away. So, we valiantly charged ahead with the evening’s plans, lacking a certain amount of energy and focus.

We felt exhausted and it showed. Truth be told, we looked like something the cat had only *considered* dragging in, but after careful deliberation, had decided to leave in a distasteful and unflattering pile out on the lawn. I guarantee you that my sister and her husband will be calling me as they read this, objecting to this unfair representation of their appearance that night. That is why I’m not answering my cell phone now or ever again. But I know the truth of the situation, and now, so do you.

Despite our ragged appearance, we had committed to our final tour through the night life, so we set out on our journey. We started at an artsy little Italian restaurant, where we consumed what I can only describe as a bakery case full of artisan breads, which we washed down with heaps and heaps of pasta. We left for the theater full, happy, and a bit tipsy on carbohydrates.

Since it was our last night together, we shared a toast to one another and headed in to see the show. We were awestruck by the theater itself—ornately decorated and a sight to behold. We eagerly anticipated what we knew would be a memorable performance. And indeed, the first fifteen minutes of it was extremely memorable. Great music, dancing, and special effects. I was intrigued, then impressed. And then, I was unconscious. In fact, we all were.

Well, maybe not totally unconscious. We had all entered that state you might recall from middle school when your history class was held right after lunch and you had the frequent privilege of watching dry black and white films in a warm, dark classroom. Such situations are no friend to alertness or attentiveness. We bravely, and collectively, fought off sleep. After all, the show was great, and this was our last big hurrah in the big city. Even more motivating was the fact that we had nearly required a co-signor to afford the tickets in the first place.

That being said, just think for a moment about the math equation here. Four exhausted people *minus* sleep, healthy food, and workouts, *plus* six thousand tons of carbohydrates (more or less). *Add* to that one glass of good cheer each, *subtract* every molecule of light in a dark, warm, cocoon-like theater, and what is your result? It *equals* four reluctantly slumbering show-goers. We had effectively emerged as the world champion head-bobbing team.

You know what I’m talking about here. It was one of those times when you *think* you’re awake but you actually keep hopelessly sinking into mini-coma states, much to your dismay. So, we would begrudgingly alternate between what felt like an REM sleep cycle and a startled state of semi-consciousness. For all I know, Beethoven’s Fifth could have been booming in the background, with each of our heads taking part in an intricately, if not disturbingly, choreographed ballet. One that no one would really want to see.

When the show was over, we stumbled from the theater in a mass of yawns and blinks. Through drowsy eyes, we looked at each other saying, “That was good. *I think.*” That night, we learned a valuable and rather unfortunate lesson. Both the body and the brain *require* recovery time, whether you’re working hard or playing hard. And, if you don’t provide them the necessary rest and rejuvenation they need, they will seek these things out at the most inopportune times, like during a highly anticipated evening out.

Building adequate recovery time into your life is one great technique for supporting peak performance and yielding better results in your life. It is just one of the many topics covered in Chapter four of *Living With Intention*. Here are a few ideas for building more recovery time into your life:

1) Time-outs

Time outs, or regular breaks throughout your day, are one of the most basic forms of recovery. They help you calm your mind and relax your body. You may have heard of the term “circadian rhythms,” which are the body’s natural system for regulating your sleep and wake cycles. You are probably less familiar with the term “ultradian rhythms,” which are the energy and focus cycles you experience throughout the day. Research shows that your body experiences about 90 to 120 minutes of strong focus and high energy, followed by a 20-minute low point where you may feel less motivated, less energetic, and have difficulty concentrating. These rhythms are built in to prompt us to *take a quick break* from whatever we are doing to refresh ourselves both mentally and physically so that we can continue to perform well and yield positive results.

Start taking “time outs” every 90 to 120 minutes throughout the day, even if they are brief, seemingly insignificant amounts of time. Take a walk around the office. Practice deep breathing for a minute or two. Step outside and chat with a co-worker. Actually take your lunch break. Tell a joke. Read a quick article. Make a phone call to someone you care about. Whatever you can do to separate yourself from your work and your stress even for a few minutes will help refresh you, recharge your batteries, and reorient your mind to what needs to be done.

2) Reset Buttons

It’s true that sometimes you will be absolutely be under the gun with a deadline, a crisis, or an overwhelming volume of deliverables. That is what can make life both exciting and challenging at times. What do you do then, when it’s not practical to take structured recovery time? First, you need to evaluate whether this is *truly* one of those circumstances, or whether you are just falling into old patterns by thinking, “there’s no rest for the weary.” If you truly have to push through a period of time without significant recovery time, and you have made a conscious decision to keep going while the going is tough, it’s time to turn to rituals or habits that provide built-in recovery time for your brain and your body.

To do this, just identify one or two positive, energy-enhancing rituals that you can perform without thinking or needing to exercise any free will. These will be your reset buttons. Then, over the course of three or four weeks, practice your reset several times a day to make sure that you have mastered it and that you can utilize it any time you need a focus or energy “pick me up.” Your ritual might be stretching or breathing in a certain way, saying a calming phrase to yourself several times, or performing a simple movement. You can choose any action that will work for you as a reset button. In general, reset buttons take less than a minute. Let’s get real—if you can’t find a minute to recharge your batteries, you are *really* in trouble.

I have had clients whose reset buttons involve lying on the floor for one minute with their feet on their chair, running in place for 15 seconds when they feel like...well...like they’re running in place, or saying a mantra or singing a few bars of a motivating song in their mind. Whatever it is that serves as a reset button for you, choose one or two rituals that can help you use that reset today. Within a couple of weeks, with regular practice, your reset button will be both automatic and renewing.

3) Work-free Zones

The final practice of building recovery time into your life is setting iron-clad times and spaces that are work-free zones. You get to decide what that means to you but, in general, everyone needs to be able to look forward to periods of time and places where they can relish in the rest and rejuvenation that comes from a significant time out. To do this, you will choose a combination of evenings, weekends, holidays, vacations, or other key times to designate as work-free zones.

Accomplished success coaches and peak performance experts advocate the need for rest or recovery time as a key practice for achieving great outcomes in all areas of your life. What these practitioners have found, over many years of work with their clients, is that increased time off leads to greater productivity, better results, and often even more income. What a concept! This suggests that the more effectively you use your time *away* from work to truly rest and recover, the better the results you will have *while you are there*. You need rest opportunities to disconnect and disengage from work in order to effectively navigate the demands of work and life, and to feel good in the process. Give it a try and notice the tremendous benefits this practice will yield for you.

These three strategies—Time-outs, Reset Buttons, and Work-free Zones—are powerful tools

for experiencing radical recovery on a regular basis. As a companion to radical recovery, the next article looks at a few great ideas for building a healthy energy addiction into your life.

Ideas for A Remarkably Successful Life... Energy Addiction

Jon Gordon, affectionately known as “The Energy Addict,” has made a splash nationally with his book, *Energy Addict: 101 Mental, Physical, and Spiritual Ways to Energize Your Life*. In his book Jon offers simple but profound ways to enhance your life experience by boosting your energy. Here are a few ideas he shares:

1. **Eat more calories earlier in your day.** Jon cites a study of 2,000 individuals, which found that people who ate more of their calories earlier in the day had more energy and lost more weight than those who ate more of their calories later in the day. So, eat a hearty breakfast, have healthy snacks during the day, and cut back on late-night munching.
2. **Get more sleep.** Research shows that if you sleep less than eight hours each night, you are operating in an “impaired” state that decreases alertness, productivity, creativity, and general health. It’s the last hour of sleep—between hours seven and eight—when you experience a full hour of REM sleep, which allows the mind to repair, renew, and recharge. Don’t miss this important time!
3. **Turn off your television.** Gordon recaps a figure from USA Today that states the average American spends 1,669 hours each year watching television. *That is seventy days per year.* Consider how you would feel and the changes you could make in your life over the course of seventy extra days! And all it takes is the flip of a switch to harness this lost energy.
4. **Surround yourself with other energy addicts.** By far one of the best ways to tap into more energy is to surround yourself with others who are energetic. Just as there are “energy vampires,” who suck your liveliness with their negativity, there are also fellow energy addicts out there ready to motivate you with their passion for life and their vibrance. Seek these people out and look for ways to support one another’s goal for sustained (and productive) energy.

For more energy tips and resources, [visit Jon Gordon’s website](#). Jon offers a variety of free resources, including a weekly energy tip and a seven-day energy challenge that will get you started on your road to energy addiction.

Resources That Will Change Your Life

It’s no surprise that I highly recommend Jon Gordon’s book, *The Energy Addict*. It’s a collection of 101 easy-to-master techniques for energizing your life. He offers simple, powerful strategies to replenish physical, mental, and spiritual energy so you can regain focus, feel healthier, work more effectively, and live life the way it was meant to be.

Order Energy Addict from Amazon.com | [here](#)

Order Energy Addict from Barnes and Noble | [here](#)

Women Making a Difference... Ideas to Help You Thrive

The Sequoia Seed by Karen Wright

I couldn’t be happier to recommend a book if it



were my own. My friend and colleague recently released her wonderful new book, called *The Sequoia Seed*. Karen Wright is a phenomenal writer and has pulled together a collection of insights and stories that I know will make a tremendous positive difference in your life. It is with great pleasure that I urge you to pick up Karen's book today—you'll love it! Here's a quick description:

You'd never believe that a 300' tall tree with a 120' circumference that can live for centuries would come from a seed smaller than a flake of oatmeal, but it does. Yet, that sequoia seed is a minor miracle compared to the potential that waits you. Filled with readers' stories and timeless insights, *The Sequoia Seed* will touch that place in you where you've secreted your most precious dream of life - the one you've timidly hidden all these years, and show you that it's not only possible, it's destined. It's time to do what you came here to do—to be who you came here to be. It's only a thought away.

Order at: www.wrightminded.com/products.html.

Thanks again for your interest in living with intention. And, by all means, *enjoy the journey!*



Deanna Davis, PhD
deanna@appliedinsight.net
www.appliedinsight.net

Copyright © 2005 all rights reserved.

Published by Deanna Davis, PhD, co-owner of Applied Insight. Deanna is a life and business coach, professional speaker and writer who helps people design wildly fulfilling and remarkably successful lives - on their own terms. Deanna is an admitted laughaholic and a strong proponent of adding chocolate as a key component of the USDA Food Pyramid. For information about her professional speaking and coaching services, contact Deanna at deanna@appliedinsight.net

Please forward this e-newsletter to your friends and colleagues - anyone can subscribe at <http://www.appliedinsight.net/subscribe.html>

To **change your email address** or **unsubscribe**, please visit <http://www.appliedinsight.net/ezine.html>.

We will never release, sell or give a subscriber's name or email address to any other party or organization. Our subscribers will only receive email messages that contain requested information, new monthly articles or announcements of new services.

You may freely distribute the articles in this newsletter as long as they carry the following notice: Copyright 2005 Deanna Davis, PhD, www.appliedinsight.net.

Applied Insight
104 S. Freya St., Turquoise Flag Building #226-B
Spokane, Washington 99202