



## ***A Soul of Business Success Article: Productivity AND Peace***

### ***A Guide to Getting Stuff Done Without Losing Your Balance***

***by Michele Lisenbury Christensen***

Business and career success and spiritual fulfillment are complementary aims. Each enriches the other when they are explored in tandem with mindfulness and commitment. The Soul of Business Success is my system for pursuing business success and spiritual fulfillment through one integrated path. This article addresses one dimension of SBS: cultivating peace and groundedness integrated with productivity and achievement.

*Do you find you can experience productivity OR peace... but not both simultaneously? In my work as a spiritual life and business coach, I find many people experience this either-or phenomenon. These six "keys to panic" and their antidotes article will help you relate to your "to-dos" in fresh, spirited ways.*

#### **PEOPLE EXPERIENCE PANIC RATHER THAN PEACE WHEN THEY:**

- 1. Equate peace with stillness and panic with motion.** I encourage my clients to practice some form of meditation, prayer, relaxation, or intentional movement every day. Yet many who engage in such practices draw a sharp line between spiritual practice and productive action. "Yes, that's grounding, but now I've gotta go get stuff done!" "I can't be mellow ALL day... I work at \_\_\_\_\_!" If you're one of these people, you've created an artificial distinction between peace and productivity. Just because most people leave their consciousness six feet behind them as they rush into the day doesn't mean that's the only way to kick butt in the world.
  - **Antidote: Learn to be aware of yourself and mindful of all that's going on...** even when you're moving quickly. Many of the world's contemplative traditions emphasize mindfulness as a path to peace. And no wonder! From a practical standpoint alone, we lose our keys less, solve the problems faster, and connect with people better the more present we are in the moment. So watch, listen, feel, and attend to the moment.
  - **Antidote: Feed your mind with soothing mantras and your body with belly breaths.** Peace in motion is a state of mind and body. Prepare yourself for action right now. Notice: is your jaw tight? How about your abdomen? Your shoulders? Relax your body by taking a deep breath up through your feet into your belly, then exhaling all that tension on the out-breath. Next, return to that state of readiness for action. This time, notice your mind: What do you say to yourself? "I gotta get going." "What's next?" "Oh! Can't forget..." Your mind hops from past to future and back again, unless you condition it otherwise. Teach your mind, the way you would train a wayward puppy, to return to the moment and the task at hand: **"I am here. This moment is here. I do what's here to do." "I will do what I can do. That will be enough." "Thank you, God, for ease, grace, and harmony in this task and in all I do. I dedicate it to you." "Here. Now. This."**
- 2. Stress first, recover later.** Many workshop participants tell me, "I figure I'll enjoy my rest more when I've got my accomplishments under my belt." Naturally, all rest and no rigor make for a dissatisfying life. Still, if you've been leaving behind your peace of mind when you hurl yourself into your day, try some breathing breaks.
  - **Antidote: Start serene.** Begin your day and each major segment of activity with some centering practice. Three deep breaths is far more than most people, even spiritually-oriented folks, give themselves. Three minutes of meditation or gentle yoga is a great mid-afternoon pick-me-up... no fee, caffeine-free, calorie-free!

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!



- 3. Leap before you look... Look within, that is!** The old-school motivational quote says, "If you fail to plan, you plan to fail." Well, they have a point! If you don't decide what kind of day you want, you may not love what you wind up with. If your day seems half over by the time you're awake, you'll benefit from morning visioning. It focuses your energies and invites the universe to support your intentions.

  - **Antidote: Envision your day before it happens.** Affirm your intentions, both in terms of outcomes and in terms of the kind of experience you intend to have. "May I complete the work that is before me to complete, while experiencing joy, peace, harmony, creativity, and laughter."
- 4. Clog up your on-ramps.** In Seattle, the freeway on-ramps are metered during peak traffic hours, so that only one vehicle at a time can enter the flow of traffic. It seems a slow way to go when you're waiting in line to get onto the highway, but without the metering everyone would rush into the main roadway and the bustle would come to a screeching halt. So it goes with your activities when you hold PROJECTS in mind as if they were NEXT ACTIONS. For example, "finish taxes" might show up on your to-do list. Gaaarrgghh! It's so overwhelming! You don't want to touch it with a ten-foot pole! It may be a 30 hour project, but there it is on TODAY'S list of things to do. Suddenly, you're procrastinating on everything because your brain is fried at the prospect of tackling that enormous action. You don't even know where to begin!

  - **Antidote: Meter the motion, one 'next action' at a time.** As you consider forward motion on a project, ask yourself, "what's the next thing for ME to do to move this project forward?" You might repeat this question ten times in a day and take lots of different actions on the project, but it's important not to be vague, general, or overambitious in your planning. Meter the motion, and you'll get more done, gracefully.
- 5. Try to be a hero.** I chalk this nasty habit up to the insidious myth of "the American Dream:" "Work hard, overcome adversity, and by the sweat of your brow, you'll prove your virtue and attain all imaginable blessings." In addition to lacking veracity, this tall tale is dangerous for its most remarkable side effect: When we try to 'go it alone', we cut ourselves off from the source of our wisdom, inspiration, and energy: the universe itself. So don't try to be brave, tough, or independent. Instead, with a deep commitment to your dreams, seek ease, fun, collaboration, and universal assistance in the form of synchronicity and out-and-out miracles.

  - **Antidote: Have fun with whatever you do.** Before you take action, check the Fun Factor, on a scale of 1-10. "The way I'm currently envisioning this unfolding, how much fun does it sound like it'll be?" Then ask, "How could it be 1 point more fun?" I'm not saying not to do things if they don't sound like fun; I'm telling you that ANYTHING can be made to be fun, if you're committed both to doing it AND to enjoying the process.
  - **Antidote: Don't try to do it alone.** Likewise, broaden your perspective dramatically about how much support you could be willing to receive. Dare to ask God for the resources, people, ideas, and energy to manifest your vision. Dare to ask others for favors, support, help, and even money. Nothing worth doing is worth doing alone. So don't you dare try it, Lone Ranger!
- 6. Proliferate pursuits.** Many creative, entrepreneurial, and/or spiritual people are forever grabbing onto new "great ideas" or knowledge or competencies they're trying to integrate.

  - **Antidote: Remember you've got nothing to prove, nothing to attain.** You are enough already. You have arrived. The more you remember this, the more you'll experience the peace of its truth. Bonus: In addition to the joy of accepting you've arrived, when you give up striving, you become more effective at creating results!

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!



- **Antidote: Incubate, don't proliferate!** The incubation list is a brainstormer's best friend. Rather than feeling like you SHOULD be pursuing every brilliant idea you dream up, or reading every great new book you hear about, you can put it on your incubation list. It's not going anywhere! You can stay the course you've been pursuing until your current project is complete. Then, deliberately and peacefully, you can choose which project or learning opportunity to pursue next.
- **Antidote: Use The Six Burners: Your Gourmet Stove of Balanced Achievement:**  
Picture your projects as pots on a six-burner state-of-the-art stovetop:  
Among your major projects, you've got 3 active and 3 simmering on the back burners  
**Daily progress:** add one or more ingredients to each of the 3 active projects. This keeps them all moving toward completion at all times.  
**Weekly evaluation:** lift the lid and look in on 3 simmering projects. Is there energy moving around them? Which one are you most excited about? How close are you to having the space to move forward with it?  
**Rotation time:** Each time a project is finished, discern which back-burner project to move up, according to the energy around the back-burner projects.  
Other ideas? Ingredients? Recipes? Put 'em on the incubation list! Or if they demand a burner, take something off and shelf it until later.

## Daily Process for Productivity AND Peace

**SET INTENTIONS:** Envision your day complete, successful, productive, and peaceful.

My intentions for today: \_\_\_\_\_  
\_\_\_\_\_

The experience I intend for today: \_\_\_\_\_  
\_\_\_\_\_

**DELEGATE UPWARD:** anything you can't control or can't wrap your mind around

**I ask God and my Divine Team:** \_\_\_\_\_  
\_\_\_\_\_

**DELEGATE LATERALLY:** I will ask others to support me by: \_\_\_\_\_  
\_\_\_\_\_

**RELEASE ATTACHMENT:** I now allow my vision OR SOMETHING better to manifest in its own way, in perfect time. I release attachment to: \_\_\_\_\_  
\_\_\_\_\_

**INSPIRED ACTIONS:** What's mine to do today (next actions, not projects) (Fun Quotient/FQ on a scale of 1-10 in parentheses: How much fun does this sound like on a scale of 1-10?):  
\_\_\_\_\_

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!



---

---

No matter the Fun Quotient, ask, "How could I increase it by one point?" I will increase the FQ on my actions by:

---

---

**DEDICATION:** Dedicate your efforts to a cause or source higher than yourself, some aim that inspires and motivates you past any challenge and that insists on your courage, peace, balance, and self-care. To sacrifice means to make sacred. How will you make your work sacred today?

I dedicate this work to:

---

---

I bless you and wish you joy and peace on this path. Please let me know about your triumphs and your questions. I can be reached at [michele@theevolutiongroup.com](mailto:michele@theevolutiongroup.com) or 206.729.8497.

## Further Reading For Takin' Care of Business:

**"If Success is a Game, These Are the Rules"** by Cherie Carter-Scott, Ph.D.

Cherie is a delightful soul who writes with wisdom and clarity about the basic practical and metaphysical building blocks of success and productivity. See especially Rule 5: Your Actions Affect Your Outcomes. All of Dr. Carter-Scott's "Game Rules" books articulate practical spiritual principles in accessible language, illuminated by stories, allusions, and examples that help you bring the principles into your life. For RealAudio of Michele Lisenbury Christensen interviewing Cherie Carter-Scott or a transcript of this interview, visit [www.successandspirit.com](http://www.successandspirit.com).

**"Finding Flow: The Psychology of Engagement With Everyday Life"**

by Mihaly Csikszentmihalyi

Dr. Csikszentmihalyi (cheek-sent-me-high) has conducted in-depth research into what helps people enter engaged, fulfilling states of what he aptly calls "flow." He can support you to find flow, too.

**"The E-Myth Revisited"** by Michael Gerber

**"Getting Things Done"** by David Allen

Visit [www.successandspirit.com](http://www.successandspirit.com) or call 206.729.8497 for more resources.

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!