

FEBRUARY 2015

STRENGTH + *ease* = THE SWEET SPOT

In our collective heart, every effort BKS-Partners makes is with the intent of moving our colleagues, clients, community, and business partners closer to a “sweet spot” experience. We’ve all felt it. When we swing a club/bat/racket and it connects, making that sound that lets us know we’ve hit it just right. When we tackle a project and lose ourselves in it. When it’s done, we feel a tremendous sense of satisfaction and pride, yet we are oblivious to the effort or the passage of time. It’s that place where our skills meet the challenge—the sweet spot. There are two roads to the sweet spot: building strength through repetition and finding peace of mind through outsourcing or ditching anything that no longer serves us.

Christine Carter, PhD describes the sweet spot as the “intersection of strength and ease;” where strength is that quality built through persistent practice and ease is the master’s ostensible effortlessness. Masters experience the sweet spot more frequently than others because they have done the hard work that makes it look easy.

In the realm of wellbeing, there are hundreds of practices that will build strength and ease. There is no “one” miracle food/workout/meditation routine that will get “it” done. As Aristotle said, “we are what we repeatedly do.” The easiest place to start is to build on existing habits. Eventually the small gears will turn the big ones.

WHEN BUILDING STRENGTH

- Take your vitamins, after you brush your teeth.
- Measure your progress.
- Take a nap.
- Move temptation out of sight.
- Do something. Something is better than nothing.
- Ask for help.
- Enlist a workout or a better-eating buddy.
- Seek to learn.
- Practice, a lot.
- Build on your talents.

TO FIND *ease*

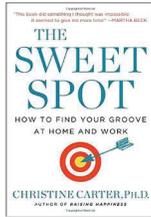
- Make your bed.
- Turn off the TV unless you are watching something specific.
- Clean out one drawer or shelf per day.
- Unsubscribe to advertisement e-mail.
- Toss junk mail before it gets into the house.
- Consciously express gratitude.
- Practice saying “no.”
- Do nothing. Seriously, nothing.
- Give your time to others.
- Do someone a favor.
- Smile.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”



the supplement
FACILITATING VITALITY

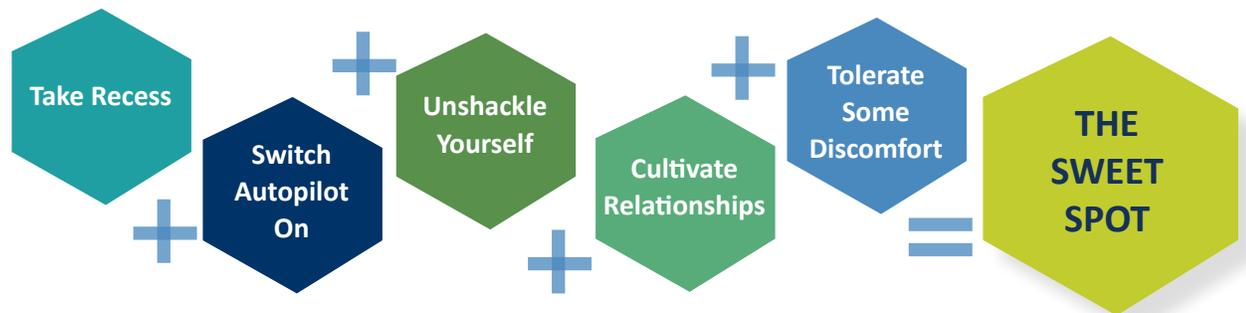
Looking to create ease? PaperKarma is a free app that helps you reduce your unwanted mail – simply snap a picture of the mail you don't wish to receive, hit send, and PaperKarma unsubscribes you. PaperKarma is dedicated to helping people remove clutter from their lives and businesses reduce the cost of printing and shipping unwanted materials.



BOOK REVIEW

The Sweet Spot, How to find your groove at home and work
by Christine Carter, PhD

Part memoir, part treatise, Carter's formula for experiencing the sweet spot comes from her life experience and years of working with clients.



Take Recess – Take a deliberate break in the middle of the day. It can be any non-purposeful activity as long as it isn't something that you would do anyway (shower, eat lunch) or exists on a to-do list somewhere.

Switch Autopilot On – Automate anything that doesn't bring you joy. Make use of the "bypass the inbox," "unsubscribe" and "batch delete" functions of your e-mail.

Unshackle Yourself – Get rid of the clutter – mental, emotional and physical.

Cultivate Relationships – Make a friend at work. Scientists equate daily interaction with a friend or loved one as having the same impact on wellbeing as making an extra \$100,000 per year.

Tolerate Some Discomfort – Before growth comes discomfort. The more comfortable you become with discomfort, the easier it will be to bounce back. The more you bounce back, the more you will grow.

RESOURCES



PATRICIA M. FULLER, PhD,
Director, Wellness Engineering

Patricia M. Fuller has dedicated the last 17 years to designing and delivering wellness programs as a project manager and contractor for PricewaterhouseCoopers, LLP. Her training events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.



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