

## Embody Your Sexy Geek

*Quick techie tips  
to let your  
sexy Geek shine*



### **Holiday Schmoliday**

How to balance your  
(work & play) life



By Katie Geddes



*To Your  
Wholeness*

Entrepreneurs, this is a tough one. Do you know how to take time off? Summer conjures up images of sunny beaches, sand in your toes, gentle breezes and seductive cocktails. For some anyway.

When's the last time you took a vacay? If you're good at scheduling time off, more power to you. Congratulations on realizing you need down time to stay focused during other times. For many entrepreneurs who struggle with how to balance time off and still forge ahead with grand plans, here are some tips, including a delicious time management tool.



## Working Through

As a business geek who gets ultra excited by the latest scheduling tool and similar things, I totally get — and celebrate — your passion for work. But here's the thing:

## Yin & Yang Need Each Other

Life consists of yin and yang, the balance of energies. Yin and yang are not opposing forces. This is key. They're two sides that together create a whole and neither is as strong or effective without the other.

*It's a beautiful thing.  
It's the harmony of life.*

## Do it for Ulterior Motives

Allow yourself this in your working life. And not just because I wish you well but because it's going to make your work feel more rewarding and be of better quality gleaned from new clarity.

You'll be able to focus better, probably the #1 most needed element for achieving your goals. So even if you feel

guilty taking down time, when you realize that it's going to make you more productive and efficient, that could be the motivating factor you need. You'll end up healthier and happier in the process.

## You're a Whole Human

Entrepreneur or employee, you're a whole human. You need many valuable things in your life besides work, no matter how dedicated you are to changing the world with your dazzling ideas.

## When to Break it Up

My brilliant (and extraordinarily accomplished) father told me to take frequent 15-minute breaks while working. It can feel challenging to stop and break when you're an extreme type of personality and you're digging into a task.

Breaks during work days have been shown to lead to greater productivity.

Here's the best tool I've found for bridging that gap between driven focus and the benefits of breaks.



## One Tomato or Two?

Championed by many, the effective and likeable time



management system, **Pomodoro**, is based on the simple principle of working in 25-minute segments with 5-minute breaks and seeing how many of these chunks or “pomodoros” (Italian for tomato — yum) any given task requires.

Buy a cute pomodoro / tomato timer if the physical timer helps to motivate or inspire you. [Get it here.](#)

Free online timers are here, for your choice of simple screen styles.



Details can make a difference in your motivation. Put it in a separate little window and dig in.

*The concept of 25-minute focused blocks is not arbitrary. It comes from studying human nature. Pull out this simple strategy when you need to get something done pronto. It works.*

## Go Bigger

Big picture, the focus and break rhythm applies not just to

your work day but to your whole year, hence vacations. There are a million excuses not to take a vacation when you're building a business. Vacations can feel as if they'll interrupt opportunities, anger or turn away clients, cost money, require scheduling. What about the cost to your attitude, your life's flow and your quality of life? You'll find that the rewards are enormous. Clients respect you when you value your own work and play time. Your right clients will wait for you, the lesson of valuing yourself so you can properly value others. The experiences you'll have will be savored for months and years to come.

Vacation-planning experts advise everyone to plan their next vacation while still on a current one. This isn't meant purely to drive tourism; it's because looking forward to such getaways enriches our lives and gives us a fun future goal.

## Try Baby Steps

If planning a full-fledged escape feels too much for you right now, try this. Check out the fantastic [www.airbnb.com](http://www.airbnb.com) and pick a pretty, intriguing-looking place within one or two hours from you. Book it and have a surprise long weekend. You'll feel great and come away with lasting memories.





Exploring new places, meeting new people, experiencing unexpected things adds depth to your work and play life. You gotta keep the sexy part of your geek alive. It asks for just a little nurturing.

## To Your Wholeness

Sending you relaxing holy wholeness this summer. The sun is shining. And so are you (even if you didn't realize it until you read this).

## What About You?

Where are you headed? The sky — and your imagination — are the limit, which means it's wide open.

Lovin' Bytes,  
Katie



Katie Geddes can be found geeking it up at [Embodyart.org](http://Embodyart.org), where she'll show you how to profit from your passion. Katie designs thriving businesses for spiritual entrepreneurs. E-mail Katie at [sexygeek@embodyart.org](mailto:sexygeek@embodyart.org) to say hi, ask a question, sing a song or apply for a FREE discovery session that's worth a friggin' fortune.

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