

## SMART BALANCING IN THE POWER ZONE!

### 5 KEY OVERVIEW POINTS

(This follows the piece: [Living Life In "The Power \(H+\) Zone"](#).)

1. **Don't wait** for a big imbalance to correct.
2. They run themselves like a **finely tuned** Porsche.
3. Service yourself ahead of time, anticipating normal daily patterns and putting it in your schedule, regularly.
  - a. Nap an hour *before* they normally get tired.
  - b. [Energize](#) before they get tired.
4. Keep themselves in a [High State Of Resourcefulness](#) , so they **always feel good** and are alert and productive!
5. Regularly follow the [Homeostasis Checklist](#) (and tickle it in your calendar for review at least monthly).

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Read, to master this vital, vital area, as it will be the core for living the rest of your life!

[The Power Zone, Homeostasis, And Feeling Good In Life - Reading List](#)

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(A [pay-it-forward](#), never-a-cost endeavor to dramatically improve people's lives)

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Please [Contact me](#) with any suggestions, additions, revisions, etc., that might help improve this piece and the process, and/or any questions or requests you might have.

(Note that most of the pieces I write are intended for more study and completion. As such, you might do the overall reading of the piece and then tickle it for followup later if you cannot complete it in one sitting. It is not likely that you can do it in one sitting. Possibly, read [How To Read And Learn From A Keith Garrick Piece.](#))