

Construction Documents

Plan Reviews:

Constructability
Interdisciplinary Coordination
Building Code Compliance
Access Compliance
Design Standards
LEED/CHPS

Check It Out:

Aim High—Seek Balance...
by Hillari Dowdle
Yoga Journal—Feb 2010

Iconoclast
by Gregory Berns

Making Life Work
By Terri Trespicio
Body + Soul—Feb 2010

The New Earth
By Eckhart Tolle

212 Degree
By Sam Parker
& Mac Anderson

Excuses BeGone
By Dr. Wayne W. Dyer

The Richest Man in Babylon
By George S. Clason

Client Tools

Checklist for
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Access Compliance
LEED/CHPS
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Newsletter by
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Winter E-letter

January, 2010



Basic Health for YOU and your projects

Time is always getting away from us. At least it seems that way. A year comes and goes. Each year we sit and think about what we did, what we wanted to do and what we will accomplish. The personal and business list (mentally or physically) is prepared and off we go. This e-letter is dedicated to slowing down the time, creating and re-thinking that list, and checking your basic health so you can enjoy this year, 2010 and all that it brings to you.



BALANCE

Are you living this life well? Living a balanced life is a key to living it well. Balance your **DUTY, PROSPERITY, PLEASURE and FREEDOM**. Use the yoga paradigm *purusharthas* or *four aims of life* to examine your life and provide a blueprint to a successful, satisfying, balanced existence in the world.

BE AWARE OF YOUR NATURAL CYCLES

Boundaries between work and leisure have become a blur. Portable technology allows us to access or to be accessed by work 24/7 which results in stress and burnout. Awareness of the natural cycles of rest and productivity will help. Start by breaking your work into 1.5 to 2 hour blocks. Take a break and move around—away from technology. Raise your dopamine by laughing. [See Making Life Work for more tips.](#)



The real voyage of discovery lies not in seeking new landscapes but in seeing with new eyes.

———Marcel Proust

THINK DIFFERENTLY

Each day or project may be different but do we treat them as though they are the same. Most of us are comfortable doing things the same way. Our brain is lazy and is OK with the same old since it wants to expend less energy. Flawed perception, fear of failure and the inability to persuade others is our brains natural roadblock. Continuing in this manner ages us physically, keeps us from succeeding, stagnates a career and results in so-so projects. STOP!

Think differently, become an iconoclast. By doing this, you can grow more brain connections and move toward a youthful brain. The change will bring new successes, opportunities and possibly that WOW on-budget project.

Check out the book [iconoclast](#) by Gregory Berns.

ICONOCLAST(n)

A person who does something that others say can't be done.



“If you correct your mind, the rest of your life will fall into place”

—Lao-tzu



A NEW EARTH

Most of us think of building and designing in harmony with the environment when we read the words a new earth. That is especially true with the popularity of LEED. A NEW EARTH by Eckhart Tolle is about learning to enjoy life in harmony with ourselves and each other as well as the environment. Here are a few points from the book:

Awareness is key. Knowing why you do and make the decisions that you do allows you to consciously make the changes that you want. Know that our ego gets in the way when we face ourselves. Learning to quiet your ego will let you move forward. The past is over and the future may or may not happen. Letting go of the past and stopping our obsession with the future will let us live in the now.

Be conscious of your thoughts and actions. Quality requires your presence.

212 Degree

At 211 degrees, water is hot. At 212 degrees, it boils. And with boiling water comes steam. And steam can power a locomotive. The one degree makes a difference. Seemingly small things can make tremendous differences.

EXCUSES BEGONE

A common message in all the articles—YOU HAVE THE POWER TO CHANGE HOW YOUR BRAIN WORKS. Outgrow your old ways of thinking that don't work and eliminate the excuses that stop you from getting where you want to go. Here are 7 core ideas

from the book Excuses BeGone by Dr. Dyer. 1) remove any and all labels 2) converse with your subconscious mind, 3) begin the practice of mindfulness, 4) commit to overcoming your inertia, 5) use the power of affirmation, 6) live in a helpful, supportive uni-



verse and 7) don't complain-don't explain. You can become that spiritual being that is having a human existence.

Basics from “The Richest Man in Babylon”

Arkad was not only famed for his great wealth but also for his liberality, generosity and continued growth in wealth. For many years, acquaintances and lifelong friends pondered what Arkad did to have such success. Finally they wised up and decided to ask Arkad to share his knowledge. Here are some of the lessons he shared for your use in your

personal and business lives.

- A part of all you earn is yours to keep. 10 cents of each dollar is yours to save. Control thy expenditures.
- Learn baking from a baker, banking from a banker, building from a builder, etc... Get advice from experts.

- Men/Women of action are favored by the Goddess of Good Luck. Accepting opportunity entices Good Luck.
- Where the determination is, the way can be found.

More basic lessons can be found in this book with parables by George S. Clason.

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