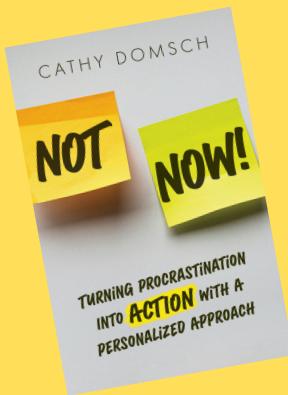


PRODUCTIVITY IS POWER NEWSLETTER



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A Catalyst For Change

WWW.CATHYDOMSCH.COM

THE POWER OF DOING LESS

We live in a culture that glorifies hustle. But what if the secret to productivity isn't doing more—it's doing less?

When I started focusing on fewer things, I got better results. I stopped multitasking and started prioritizing. I learned to say "Not now" to distractions and "Yes" to what truly mattered. I realized that my worth wasn't tied to how much I could cram into a day—it was about the impact I made and the peace I felt.

I remember a time when I had back-to-back meetings, a never-ending to-do list, and zero time to breathe. I was exhausted, irritable, and disconnected from my purpose. I was constantly chasing tasks, thinking that if I just worked harder, I'd finally feel accomplished. But the truth was, I was stuck in a cycle of doing without direction.

It wasn't until I gave myself permission to slow down that I began to see real progress. I started asking:

- What's essential?
- What can wait?
- What can someone else do?

I began to notice how much of my day was filled with things that didn't align with my goals or values. I started to delegate, delete, and defer. And in doing so, I found clarity, energy, and joy.

Doing less doesn't mean you're lazy. It means you're strategic. It means you're choosing to invest your time where it matters most.

This week, I challenge you to identify one thing you can stop doing. One thing that drains your energy but doesn't move you forward. Let go of the guilt. Embrace the power of doing less.

What would shift for you if you gave yourself seven days to focus only on what matters most?"

Start the [FREE 7-Day Challenge](#) and experience the power of doing less with more intention.

[Schedule a virtual coffee](#) with Cathy to discuss ways we can assist you or your team with reaching your goals!