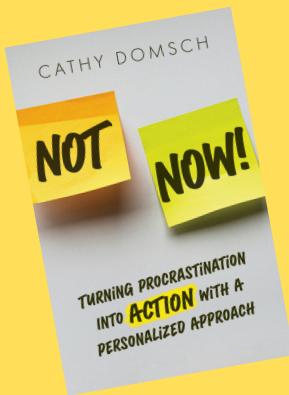


PRODUCTIVITY IS POWER NEWSLETTER



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SELF-LEADERSHIP: THE ULTIMATE PRODUCTIVITY HACK

You can't lead others well until you lead yourself. Self-leadership is about owning your time, your energy, and your choices. It's the foundation of sustainable productivity.

When I started practicing self-leadership, everything changed. I became more intentional, more present, and more productive. I stopped waiting for someone else to set the tone or give me permission. I realized that I am the CEO of my own life—and that means I have the power to choose how I show up every day.

A huge part of self-leadership is mindset. Your thoughts shape your actions, and your actions shape your outcomes. That's why cultivating a positive mindset is essential. One of the most powerful resources I've found for this is Jon Gordon's book **The Energy Bus**. It's a game-changer. The book teaches that we are the drivers of our own bus, and we get to choose who rides with us and what kind of energy we bring to the journey.

The Energy Bus outlines 10 rules for fueling your life, work, and team with positive energy. One of my favorites is: 'You're the driver of your bus.' It's a reminder that we're not victims of our circumstances—we're empowered to steer our lives in the direction we want to go.

Self-leadership is not about perfection. It's about progress. It's about knowing your values, setting boundaries, and aligning your actions with your goals. It's about checking in with yourself regularly and asking:

- Am I leading from a place of clarity or chaos?
- Am I honoring my energy or burning out?

This week, I encourage you to build one new self-leadership habit. Start small. Start today. Maybe it's a morning routine, a weekly planning ritual, or simply saying "Not now" to something that doesn't serve you. And if you haven't read **The Energy Bus**, I highly recommend it—it's a great way to recharge your mindset and reignite your purpose.

Join the **FREE 7-Day Challenge** and take the first step toward empowered leadership.

Schedule a virtual coffee with Cathy to discuss ways we can assist you or your team with reaching your goals!