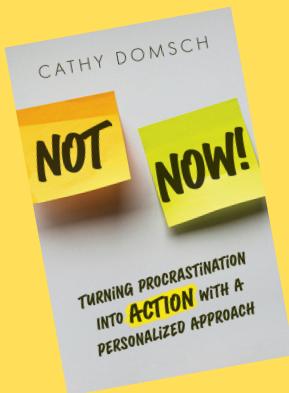


PRODUCTIVITY IS POWER NEWSLETTER



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A Catalyst For Change

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FROM CHAOS TO CLARITY

Before you can change your habits, you have to understand them.

Self-awareness is the first step toward reclaiming your time and energy.

In **Not Now!**, I talk about the moment I realized I was the one creating my own chaos.

I was saying yes to everything, reacting instead of responding, and letting urgency dictate my life.

I was constantly chasing the next task, the next meeting, the next obligation—without ever stopping to ask myself why.

It wasn't easy to admit that I was the problem. But once I did, everything shifted.

I began to notice my patterns.

I saw how I was filling my calendar to avoid discomfort, how I was afraid to delegate, and how I equated being busy with being valuable.

Self-awareness gave me the power to pause.

To breathe. To choose.

It helped me create space for what matters most.

This week, I challenge you to pause and reflect.

- What are you saying yes to that doesn't align with your goals?
- What would happen if you said "Not now"?

Ready to take control of your time?

Download the **FREE Entrepreneur's Delegation Toolkit** and start identifying what you can let go of today.

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