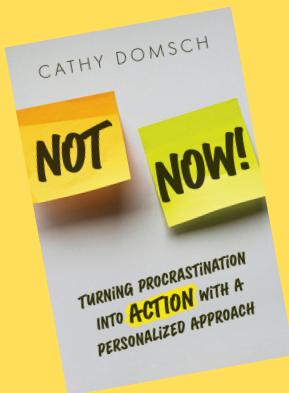


# PRODUCTIVITY IS POWER NEWSLETTER



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**A Catalyst For Change**

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## FOCUS IS FREEDOM

Focus is the ultimate productivity tool. It's not just about doing—it's about doing the right things, at the right time, for the right reasons.

When you focus, you free yourself from distractions, overwhelm, and burnout. You create space for what matters most. You stop reacting and start responding. You stop spinning and start moving forward with clarity.

I used to think I had to do everything. But the truth is, when everything is a priority, nothing truly is.

Focus helped me reclaim my time, my energy, and my peace. It helped me say "Not now" to the noise and "Yes" to the work that matters.

One of the most powerful ways to cultivate focus is through mindfulness. Mindfulness is the practice of being fully present in the moment—aware of your thoughts, feelings, and surroundings without judgment. It's about slowing down enough to notice what's happening inside and around you, and choosing your next step with intention.

When I began incorporating mindfulness into my daily routine—whether through morning meditation, mindful breathing between meetings, or simply pausing to reflect—I noticed a dramatic shift. I was calmer, clearer, and more focused. I wasn't just doing things—I was doing the right things, with purpose.

**This week, I invite you to choose one priority and give it your full attention.**

- Practice mindfulness as you work.
- Notice when your mind wanders, and gently bring it back.
- Watch what happens when you focus your power.

**Want freedom without the overwhelm?**

Don't miss out—start your **FREE 7-Day Productivity Challenge** today and unlock your power.

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