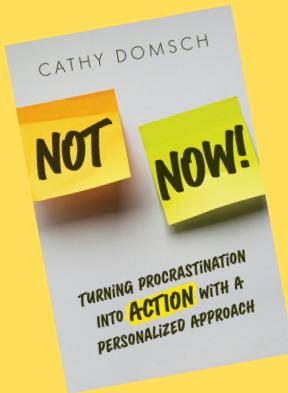


PRODUCTIVITY IS POWER NEWSLETTER



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A Catalyst For Change

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BUSY ISN'T A BADGE OF HONOR

I used to wear "busy" like a badge of honor. If someone asked how I was doing, my automatic response was, "Busy!" I thought it meant I was important, in demand, productive. But the truth? I was overwhelmed.

I was constantly running late, juggling too many commitments, and feeling like I was always behind. I missed birthdays, skipped dinners, and let relationships slip through the cracks. I was living in a state of constant urgency, and it was exhausting.

One day, I realized that being busy wasn't serving me. It wasn't making me more successful—it was making me more stressed. I was reacting to life instead of leading it.

That's when I began my journey into self-awareness and self-leadership. I started asking myself hard questions:

- Why am I saying yes to everything?
- What am I afraid will happen if I say no?
- What do I really want my days to look like?

The answers were eye-opening. I didn't want to be busy. I wanted to be present. I wanted to be effective. I wanted to feel free.

That's why I created the **Productivity Is Power** movement and wrote **Not Now!**—to help others experience the same transformation. Because when you stop glorifying busy and start honoring your priorities, everything changes.

This week, I invite you to reflect on your own relationship with busyness.

- Are you wearing it like a badge?
- What would it look like to take it off?

Ready to break free from the busy trap?

Join my **FREE 7-Day Productivity Challenge** and start your journey to freedom today.

Let this be your reminder: your time is valuable, your energy is sacred, and your presence is powerful.

Let's reclaim our days—together.

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