The Benefits of Organizing Your Energy with Stephanie McAuliffe

with Stephanie McAuliffe · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Stephanie McAuliffe spent 27 years on Wall Street, ending as the manager of an $85 million global tax transformation program at a large insurance company.

- [ ] Notice when you fill open time with busywork, and ask what you might be avoiding.
- [ ] Write down your biggest challenge right now, what you think is in the way, and where you want to be.
- [ ] Start and end the day by giving gratitude for it.
- [ ] Journal for five minutes before you meditate to clear your mind.
- [ ] Keep your plans in lists or a spreadsheet instead of in your head.
- [ ] Pick one pile you've been avoiding and ask what's really underneath it.
- [ ] Sort that pile into do it now, let it go, or work on it later.
- [ ] Find a coach or expert for the area where you feel stuck.
- [ ] When someone reacts badly to you, remind yourself not to take it personally.
- [ ] Take Stephanie's free five-question assessment on her website.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/organize-your-energy-stephanie-mcauliffe/
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