

Hello Marinella,

We are in the first full week of June. *June!* Can you believe it? Neither can I!

As we come to the halfway mark of 2021, you might be feeling....burnt out?

It's OK to admit it, I already experienced a few moments of burn out.

The going, going, going feeling to get everything done around the house to transition from winter to summer, coordinating family events and activities, and helping my clients achieve an increase in productivity.

Us humans need to go into power saving mode.

YES! Just like our phones and computers. Sometimes they happen at the most inconvenient times: when you are in the middle of a virtual meeting. You see your battery icon going lower and lower and you are praying just a few more minutes.

We have all been there!

In this week's article, I talk more about "Power Save Mode" and the steps you can take to make sure you are recharged and rested!



As always, I leave you with a productivity tip for you to ponder and implement when it comes to increasing your productivity:

Turn off as many notifications and unsubscribe from as many things as possible.

As yourself: do you truly need to know about a message or can it wait?

We live in a society that we want the information NOW! We need to know NOW! But, it shouldn't be like that.

This often leads to a quick burn out, which leads to *less* productivity.

If you truly need to have notifications, make sure they are **only urgent ones**.

If you have further questions about productivity, feel free to email me or [schedule a call!](#) OR, let me know how your own "power save mode" was!

Be on the look out for the next newsletter with another resource / habit you can start using or doing today!

Until then, make this week *productive!*

Megan

