

# Julie Miller Davis, Mastering Productivity and Cultivating Time Prosperity - Episode 328

## In this Episode:

- Explore Julie's remarkable journey from being a high school English teacher to becoming a productivity and coaching expert.
- Recognize the importance of facing failures, extracting valuable lessons, and overcoming setbacks to foster your personal and professional growth.
- Embrace the "Circle of Control" concept, empowering you to assess controllable factors and make necessary adjustments for a healthier work-life balance.
- Understand the role of planning in implementing significant ideas, whether they pertain to financial wealth, health, or overall life fulfillment.
- Gain insights into effective strategies for boosting your productivity in the new year, including self-assessment, boundary setting, reassessing priorities, and embracing the philosophy of "slow down to speed up."
- Explore the importance of building and maintaining boundaries to prevent self-sabotage, encompassing intentional habit formation, heightened awareness of ingrained habits, and the establishment of clear work hours and communication channels for improved productivity and work-life harmony.

## Notable Quotes:

“To build resiliency, we have to take responsibility for whatever happened.”

“If we don't plan to spend time dreaming and scheming about our businesses in that white space, and we don't plan white space, it will never happen.”

## Pearls of Wisdom:

1. There is enough time.
2. Put it on your calendar.
3. Instead of being so task-oriented, be goal-oriented.

## Resources:

**Julie Miller Davis** is a driven entrepreneur, serving others by helping them reach their own levels of excellence. She works with business owners and leaders to reset their productivity patterns, become more efficient, and bust through road blocks to reach their goals with new levels of excellence. She has led and developed highly successful teams, helped hundreds escalate their own businesses and achieve goals they may never have thought possible. Her super power of out-of-the-box thinking uncovers new ways to solve business stagnation, resulting in growth and propelling her clients into new and exciting directions.

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