Kate Northrup, Unlocking Life and Flourishing Business Through Doing Less - Episode 335

In this Episode:

- Kate Northrup shares her personal journey, particularly during pregnancy and after giving birth, which led her to question societal norms around constant productivity, ultimately inspiring her to write her book "Do Less."
- Discover practical steps for reducing your workload, optimizing productivity, and prioritizing well-being in both business and personal life.
- Learn why managing energy is more crucial than managing time
- Explore the importance of recognizing and honoring cyclical patterns in women's lives as a means to foster balance, creativity, and vitality.
- Understand the role of the nervous system in regulating various bodily functions and responses, including stress
- Unlock practical strategies for breaking free from the cycle of busyness and stress

Notable Quotes:

“Our value is inherent.”

“Nobody is gonna be giving us an award at the end of our lives for having done the most and been the most exhaustive.”

“Prioritize getting support for the things that other people really could do as soon as possible.”

“We don't have to worry so much about time management when we're managing our energy well.”

“What comes up when we're still is all the feelings that we have not felt for our whole life when we were busy.”

Pearls of Wisdom:

1. Your worth is not determined by how much you do.
2. Your inherent worth has nothing to do with how much money you make or how much is in your bank account.
3. You are nature.

Resources:

Kate Northrup is dedicated to helping ambitious individuals work less, reduce stress, and create more abundance. With a unique blend of data-driven insights and soulful wisdom, she offers practical planning practices and systems that honor personal well-being and business success. Kate's motto, "Body First. Business Second.," underscores her commitment to holistic health and productivity. Through her acclaimed books, programs, and Do Less Planner system, she empowers clients to harness their innate energy cycles and achieve abundant fulfillment while reducing their to-do lists.

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