

# How to Double Your Output, Halve the Hustle: Productivity Without Burnout

3 Simple Steps to Double Output & Protect Your Life

*“Coach Mark’s tips helped me work full-time, run a side hustle, write a book chapter, and become a national speaker—without sacrificing sleep. Imagine what you can do when your life is in order.” —  
Kristie Ondracek, CFO/COO*

## **CUT the Chaos: Clarity, Unload, Thrive**

### **1. Clarity (know exactly what matters)**

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### **2. Unload (drop the non-essential)**

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### **3. Thrive (produce more while protecting your life)**

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*Coach Mark is the real deal. He helped me implement a new morning routine and the ODAE method has been indispensable for my time management—worth the investment!*

**Daniel Bornt, Data Engineer**

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