

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

3 Simple Steps to Double Your 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 (APS)

2. Unload (ODAE)

3. Thrive (WIN)

Coach Mark 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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