

# THE EH BRIEF

Strategic Moves. Smart Money.  
Real Momentum.



## FEATURE

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At EH Solutions, we regularly see high-performing leaders with calendars full of commitments—yet feeling completely alone under the hood. In one survey, 61% of CEOs said stress and mental resilience are pivotal to their success, but 96% admitted to burnout symptoms. That tells us something clear: **momentum demands energy, not just hours—and connection, not just tasks.**

Let's be real: most high-achievers don't burn out because they're unmotivated. They burn out because they're trying to scale while juggling a

dozen spinning plates—and without a clear system to support them.

This month, we're reframing what growth really looks like: not more tasks, more meetings, or more hustle—but **more clarity, more intention, and more alignment.**

We consult founders and professionals through this all the time. Here's what we know works:

- ◆ **Boundaries Build the Business**

A tightly managed calendar isn't restrictive—it's protective.

When you block calls to just two days a week or start saying "no" to anything misaligned, you're reclaiming your time **and** your strategic focus.

***Try this:** Set one non-negotiable boundary this month. Calendar it. Honor it.*

- ◆ **Systems Save Sanity**

Growth without process is just pressure.

Even small automation (a recurring "CEO Hour," onboarding email, or payment reminder) can offload mental clutter and create space for deeper thinking.

***Tip:** Choose one task you repeat manually—and automate or templatize it this week.*

- ◆ **Mental Bandwidth Is a Budget**

If you're constantly switching contexts—calls, admin, proposals, planning—you're silently burning fuel.

Batch brain-heavy tasks like strategy or writing. Eliminate "invisible work" with default decisions and recurring templates.

***Ask yourself:** "What am I solving for with this task?" If there's no clear answer, it might be noise, not traction.*

You didn't start this business or role to feel constantly behind.

**Start small. Protect one block of time. Simplify one system. Audit one task.**

That's how real momentum builds—without burnout tagging along.

You got this!

~ The EH Team

 *Prefer to listen? Hear Kimberly share this month's clarity memo.*

## Insights & Tips

### Growth Sparks to Try This Week

#### **Sunday Self-Check**

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Do you feel ready—or already drained? Before the week begins, ask yourself: “Am I grounded or overwhelmed?” This 30-second gut check can help you realign before Monday hits full force.

#### **Burnout Red Flags**

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Recognize it before it takes over: Constant fatigue, even after sleep? Loss of motivation? Mental fog or irritability? No time for hobbies, rest, or family? Sound familiar? You don't need to push harder—you need to pause smarter.

#### **Batch the Brain-Heavy Stuff**

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Strategy needs space. Group deep work tasks together (planning, financial reviews, writing) and protect those blocks. Context switching kills clarity.

#### **CEO Hour = Reset Ritual**

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Your Friday Focus Check-In Reserve one hour weekly to: – Review finances + progress – Adjust next week's priorities – Reflect: what energized or drained you?

## Delegate or Delete



If it doesn't drive revenue or clarity, it's fair game. Audit one task this week: Can someone else do this? Can it be automated? Should it be cut entirely?



## News & Events




### Congratulations to Our Winner!

We're excited to share that **Casey McNeil** was randomly selected as the winner of our \$100 Amazon gift card giveaway!

Big thanks to everyone who completed our recent client experience survey — your feedback helps shape the future of how we serve.

A response from our survey that our team really loved hearing:

 "I love how EH helps me feel clear, even when my business feels messy."

# Leadership in Action



## Toby Judges JA DC Business Competition

Earlier this spring, our own **Toby Hawes**, one of EH's Managing Partners, was invited to serve as a judge for the **Junior Achievement of Greater Washington** Youth Business Competition.

Toby spent the day listening to pitches from high school entrepreneurs and providing strategic feedback on everything from pricing models to growth plans.

*"These young founders were thinking about scalability in ways even adults overlook. It was incredible to see." — Toby*

We're proud to bring that same strategic insight into every Discovery Session and client relationship.



# Supporting Tomorrow's CEOs

In May, EH Solutions was proud to sponsor the [DC Acton Children's Business Fair](#), where young entrepreneurs showcased their creativity, courage, and business savvy. Trust us - these were not the lemonade stands of your day! They were fantabulously creative and smart!

We're honored to help support the next wave of future leaders — especially those learning to sell, solve, and scale from such a young age.

*(Photo credit: Acton Children's Business Fair)*



[TED Talks for when you're got that burnout feelin'](#)

[Create a Sunday ritual](#) *Helps with the back to work dreads.*

[Cal Newport's Time Block Planner](#) *We've been loving this time-blocking daily planner—it's helped a few of our clients finally protect their strategy hours. Plus, it looks fab on a desk too.*

*Want to know the secret to actually finishing deep work? We tested this [distraction blocker](#)—and it works. A little too well, honestly.*



## You don't need to *hustle harder* - you just need a **better** strategy.

Our free 30-minute Discovery Session is a simple, judgment-free conversation. We'll talk about your current challenges, share our insights on what's working (and what's not), and show you how EH Solutions can help you grow *without burning out*.

By the end of the call, you'll have what you need to decide your next right move — with clarity.

[Let's Talk Strategy](#)

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