

THE EH BRIEF

Strategic Moves. Smart Money.
Real Momentum.

Hi there,

August is here, and with it comes the perfect chance to tune out the chaos and dial in on what really matters. This month's focus — **Quieting the Noise** — is all about filtering the good from the not-so-good advice, keeping your focus steady, and staying true to the vision you set out to achieve.

Whether you're running a business, a household, or navigating both, the truth is: not every opinion, alert, or "urgent" task deserves your attention. At EH Solutions, we're doing the same — streamlining decisions, setting boundaries on distractions, and staying committed to the direction we've chosen.

Because clarity doesn't just happen — you create it.

Let's focus smarter, not louder.

Quieting the Noise: Why Focus is Your Sharpest Tool

Here's the thing: the loudest voices aren't always the wisest.

In fact, a 2025 workplace study found that **digital noise and constant input drain up to 28% of productive time each week.**

And it's not just your inbox or phone pings — it's the steady stream of opinions, half-formed advice, and "you shoulds" that can pull you off course.

The real skill? Knowing what to ignore.

1. Not All Advice is Created Equal

You've probably experienced it:

- The mentor who means well, but doesn't understand your market
- The peer who shares every shiny new tool they just tried (and abandoned)
- The "expert" whose tips work... but only if you want their exact life

Before you take advice, filter it through three quick questions:

1. **Is this person where I want to be?**
2. **Do they understand my specific context?**
3. **Does this align with my long-term vision?**

If you can't get three yeses, it's probably just noise.

2. Protect the Signal

Noise isn't just about bad input — it's also too much input.

Limit the number of voices you allow into your decision-making process. That might mean reducing the number of industry newsletters you read, muting a few chat threads, or creating "no meeting" blocks so you can hear your own thoughts.

3. Focus is a Discipline, Not a Mood

Clarity doesn't appear magically when things quiet down — you have to build it into your routines. That might mean:

- A weekly review of your top three priorities
- A “decision filter” you check before committing to new projects
- Saying no more often, even when it’s uncomfortable

When you protect your focus, you’re not just working smarter — you’re living more intentionally.

Your August Mini Challenge

This month, try one of these focus-boosting moves:

✅ **Mute one unnecessary channel** — That group text, Slack channel, or email list that’s more chatter than value? Give it a rest for the next 30 days. See if you miss it at all.

✅ **Adopt a 3-question filter** — Before you act on advice, ask:

1. *Does it align with my vision?*
2. *Does it serve my priorities right now?*
3. *Is it from someone whose results I want to emulate?*

✅ **Block 2 hours of “quiet work” each week** — No meetings, no pings, no phone. Just focused effort on what moves the needle.

Small steps toward less noise add up to a sharper mind, clearer priorities, and more meaningful results. We’re doing the same work behind the scenes at EH — and we’d love to hear what noise you’re cutting this month.

You got this!

~ The EH Team

Insights & Tips – Filtering for Clarity

Tip #1 – Create a “Listening List”

Not everyone’s feedback deserves equal weight. Identify the 3–5 people whose advice you consistently find valuable, and make *their* input your priority.

Tip #2 – Use the 24-Hour Rule

When a new idea, opportunity, or piece of advice comes your way, wait a day before acting on it. This pause helps separate impulse from intentionality.

Tip #3 – Audit Your Alerts

Turn off non-essential notifications — especially ones that interrupt deep work. Research shows that even short disruptions can double the time it takes to refocus.

Tip #4 – Align to Your “North Star”

Keep your vision statement or top 3 annual goals in sight — literally. Post them on your desk, pin them to your task manager, or set them as your phone lock screen to remind yourself what’s worth your time.

Tip #5 – Batch Your Inputs

Instead of constantly checking email or social media, set specific windows for review. This turns a constant drip of noise into a manageable, contained task.



From Vegas, With Ideas

In July, Managing Partners Toby Hawes and Krystal Goode attended the 2025 Taxposium in Las Vegas — a gathering of tax professionals, thought leaders, and innovators from across the country. Between expert-led sessions and lively hallway conversations, they came back with fresh perspectives, new strategies, and plenty of energy to pour into our clients' success.

Toby shared that "*Vegas had the lights and The Sphere, but the real spark was in the conversations. I came back with new insights and a renewed focus for our clients.*"

While Krystal said "*Connecting with our peers at the Taxposium reminded me that the best ideas often come over coffee — not in a conference room.*"

Our Annual Team Celebration

Together EH Achieves More (T.E.A.M.)

Celebrating Together in DC

This summer, our team gathered from across the globe for our annual company celebration in Washington, DC. It gave us a rare chance to connect in person, share big laughs, swap stories, and strengthen the bonds that make our remote team work so seamlessly.

The energy, ideas, and camaraderie we brought back are fueling our momentum for the rest of the year.



In case you missed it, here are some recent articles and posts from our partners:

Trust, Value & Consistency The Executive Triad

by Toby Hawes, MBA

How to Start & Grow Your Business,

by Cameron Edwards, CPA, CFE

-  **Book:** [Essentialism: The Disciplined Pursuit of Less](#) by Greg McKeown A modern classic on focusing on the few things that truly matter — and eliminating the rest.
-  **Podcast:** [Focus on This](#)
Weekly, bite-sized episodes with practical strategies for cutting through the noise and getting the right things done.

 **Article:** [How Leaders Can Cut Through Digital Noise – HR C-Suite](#)

Explores the cost of information overload and concrete steps to reduce distractions in your workday

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