
YOUR NOURISHED PACE

7 Principles for Sustainable Productivity

*“The goal is not to do more.
The goal is to be nourished by what you do.”*

The Invitation

We live in a culture that treats humans like machines—optimizing for endless output, celebrating exhaustion, and confusing speed with direction. But endless output is not sustainable, and exhaustion is not a badge of honor. It is a symptom of misalignment.

***What if productivity isn't about output,
but about alignment?***

PRINCIPLE 1

Attention as Nutrition

“You are what you attend to.”

The quality of your inputs determines the quality of your outputs. Just as junk food degrades physical health, junk information degrades cognitive health. Guard your attention fiercely; it is your most valuable resource.

REFLECTION

What am I consuming that is not nourishing me?

PRINCIPLE 2

Rest as Performance

“Dormancy is not laziness. It is preparation.”

The science of ultradian rhythms proves we cannot sustain high focus indefinitely. The 'off' cycle is a biological necessity. True rest is not a reward for completing work—it is the prerequisite for doing good work.

REFLECTION

Where am I mistaking rest for weakness?

PRINCIPLE 3

Closure as Creation

“Finishing is more important than starting.”

The Zeigarnik effect shows that our brains hold onto unfinished tasks, creating a constant cognitive drain. Closing loops—even by deciding not to do something—frees up mental bandwidth for true creation.

REFLECTION

What am I perpetually beginning and never completing?

PRINCIPLE 4

Boundaries as Generosity

“Saying no is saying yes to what matters.”

Limits create freedom. When you protect your time and energy, you ensure that when you do show up, you arrive fully. A boundary is not a wall to keep people out; it is a container to keep your best self intact.

REFLECTION

Who benefits when I protect my time?

PRINCIPLE 5

Slowness as Efficiency

“Hurrying slows you down.”

Rushed work leads to errors, rework, and burnout. Moving deliberately allows you to see the whole board, make better decisions, and ultimately arrive at the right destination sooner. Smooth is fast.

REFLECTION

When has rushing cost me more time than it saved?

PRINCIPLE 6

Cyclical Over Linear

“You are not a machine. You are a season.”

Reject the expectation that every day should look the same. Honor the natural rhythms of high energy and low energy, creation and integration, summer and winter. You cannot harvest all year round.

REFLECTION

What season am I in right now, and what does it require?

PRINCIPLE 7

Nourishment Over Optimization

“The goal is a life that feels good, not just a life that looks productive.”

The ultimate reframe: move from measuring metrics to seeking meaning. If a system makes you highly efficient but deeply miserable, the system has failed.

REFLECTION

What would I do today if no one could see it?

Your Commitment

- Principle 1 – Attention as Nutrition
- Principle 2 – Rest as Performance
- Principle 3 – Closure as Creation
- Principle 4 – Boundaries as Generosity
- Principle 5 – Slowness as Efficiency
- Principle 6 – Cyclical Over Linear
- Principle 7 – Nourishment Over Optimization

I commit to experimenting with these principles.

Not all at once. One by one.

Signature: _____

Date: _____

Welcome to your nourished pace.