

Chamber CHATTER



MECHANICSBURG
CHAMBER OF COMMERCE
The Strength of One. The Power of Many.™

8.15.24

6 West Strawberry Avenue, Mechanicsburg, PA 17055 (717) 796-0811 www.mechanicsburgchamber.org

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News, Events & more!

20th Annual



Friday, September 20, 2024

*Portion of proceeds will support
Peace Promise as they assist victims of
sexual exploitation and human trafficking.*

CHAMBER EVENTS

Watch for Weekly Updates!!

August

20 - After Hours Mixer - Rolls-Royce Foundation Museum, 189 Hempt Rd, Mechanicsburg. 5:00 - 7:00pm..

29 - Business Leaders Discussion Group - Sponsored by PaySmart Payroll Services, 650 Wilson Ln, Ste. 100, Mechanicsburg. 7:45 - 9:00am. Members only event.

September

2- Labor Day Holiday (Office Closed)

12 - Cumberland County Mega Mixer - Location - Members 1st Federal Credit Union Headquarters, 5000 Marketplace Way, Enola, 5:00 - 7:00 PM.

20 - 20th Annual Golf Outing - Rich Valley Golf, 227 Rich Valley Rd, Mechanicsburg. Lunch at 12:00 PM, Tee time at 1:00 PM

RSVP to info@mechanicsburgchamber.org

For a full calendar of chamber and member events, visit www.mechanicsburgchamber.org/events

Thank You For Renewing Your Membership!

Classic Rock Design Center
Orrstown Bank
Smiles on Trindle Dental Care



THE WOODS *at Cedar Run*[™]

Independent & Senior Living
Memory Care

Thank you to Kim & Christine and The Woods at Cedar Run for taking us for a 'Walk in the Woods' and hosting the Business Women's Networking Luncheon. Not only did we learn about all that The Woods at Cedar Run has to offer, but also on how to prepare to care and assist our loved ones as they get older.

And a special thank you to all in attendance who made donations to **Pink Hands of Hope** as they work toward recovery from issues caused by recent flooding rains.



Pink Hands of Hope is at The Woods at Cedar Run. ...

Published by Anne-Marie Brandt



· Just now · Camp Hill ·

THANK YOU to the [Mechanicsburg Chamber of Commerce](#). At their Women's luncheon today at [The Woods at Cedar Run](#) they collected supplies and gathered monetary donations. [#community](#) [#mechanicsburg](#) [#pinkstrong](#)

Mechanicsburg Chamber of Commerce presents:

After-Hours Mixer

Tuesday, August 20
5:00 - 7:00 p.m.



Hosted by

Rolls-Royce Foundation
189 Hempt Road
Mechanicsburg, PA 17050

Enjoy an evening of networking, refreshments and a chance to win a prize!

RSVPing is easy, simply email info@mechanicsburgchamber.org, RSVP online, or call 717-796-0811

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

Thursday, August 29
7:45 - 9:00 am

Sponsored by
PaySmart Payroll Services
650 Wilson Ln, Suite 100
Mechanicsburg



RSVP to info@mechanicsburgchamber.org or call 717-796-0811.
This members-only event is free to attend!

Bring your questions and business topics and hear what others have to say!



Friday, September 20, 2024

Rich Valley Golf
227 Rich Valley Rd.
Mechanicsburg, PA 17050
Registration - 12:00pm
Tee Time - 1:00pm

Register to play! Only \$80 for golf, lunch and dinner. Purchase the Gold Passport for \$20 and receive entry into ALL hole contests, and for a chance to win a door prize!

Not a golfer? Join us for dinner for only \$20.

Registration & sponsorship information.

Seeking Sponsors and Donations: This is a great opportunity to promote your business through a sponsorship or prize donation. Several sponsorship levels available! They can also be customized to fit your needs.

Or, simply send a gift card, promotional item, or any type of product for us to give away as a prize or to include in the golfers' goodie bags!

Contact the Chamber Office to play, contribute and volunteer!

717-796-0811 or info@mechanicsburgchamber.org

*Portion of proceeds will support
Peace Promise as they assist victims of sexual exploitation and human trafficking.*

\$25,000 Hole in One
sponsored by:



Dinner
sponsored by:



Lunch
sponsored by:





MEGA MIXER

CARLISLE | MECHANICSBURG
SHIPPENSBURG | WEST SHORE

THURSDAY
SEPT. 12
5:00-7:00PM

Hosted By



5000 Marketplace Way | Enola, PA

HORS D'OEUVRES
& DRINKS
FREE TO ATTEND

PRESENTED BY:



717.243.4515
events@carlislechamber.org



717.796.0811
info@mechanicshburgchamber.org



717.532.5509
chamber@shippensburg.org



Inspiring Business
717.761.0702
wschamber@wschamber.org



PLEASE RSVP TO YOUR RESPECTIVE
CHAMBER PRIOR TO THE EVENT.

MAIN SPONSOR

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SUPPORTING SPONSOR

JFS
Wealth Advisors

CATERING SPONSORS

Capital 

EXHIBITING SPONSORS

Messiah University
PA Chamber Insurance
PARX Casino
Renewal by Anderson
UPMC

DESIGN & PRINT SPONSOR

KONHAUS
PRINT & MARKETING

HEALTHY YOU
café
and CATERING

NOTHING *bundt* CAKES®



CAEDC Now Accepting Applications for LSA Grants

The Local Share Account (LSA), Category 4 Facilities Program, a multi-county grant program that includes Cumberland County, is now open, and interested non-profit applicants can apply through the Cumberland Area Economic Development Corporation (CAEDC).

CAEDC is seeking applicants who are a non-profit organization and need funding for projects that either have an economic development or tourism component in the region.

Eligible uses include:

- Acquisition
- Construction
- Demolition
- Infrastructure
- Purchase of vehicles, machinery and/or equipment (excluding uniforms, protective equipment, consumable supplies, and furniture)
- Planning, consulting, and design costs related to planning projects.
- Engineering, design, and inspection, to include permitting fees, for construction projects not to exceed 10% of the total grant award.
- Contingency costs not to exceed 5% of documented construction and infrastructure costs are permissible.

Interested, qualified applicants can apply on CAEDC's online application at CumberlandBusiness.com/lisa-application.

Complete applications must be submitted to CAEDC by **August 29, 2024**.

If you have any questions regarding your project, contact CAEDC at 717-240-7180.

The LSA Grant is funded through the PA Race Horse Development and Gaming Act (Act 2004-71), as amended, which provides for the distribution of gaming revenues through the Commonwealth Financing Authority (CFA) to support projects in the public interest within the Commonwealth of Pennsylvania.



THE FOUNDATION FOR ENHANCING COMMUNITIES

The Foundation for Enhancing Communities Launches “Together We Take Action” Funding Program for August

The Foundation for Enhancing Communities (TFEC) is launching the next phase of its “Together We Take Action” program, which supports local, partially funded projects from nonprofits. This initiative not only provides crucial funding to these organizations, but also helps donors achieve their personal charitable goals. By connecting donors with impactful opportunities, TFEC makes it easier for them to contribute to a stronger and more vibrant community.

“We’re excited for the next chapter of ‘Together We Take Action’,” said Jennifer Doyle, President & CEO of TFEC. “It’s a great chance to support local nonprofits and make a real difference in the community around us.”

The “Together We Take Action” program, which runs throughout the month of August, gives donors a chance to contribute to nonprofit organizations’ partially funded grant requests in Cumberland, Dauphin, Franklin, Perry and York counties. TFEC has created an online grant catalog that provides a connection among TFEC, local nonprofit organizations and donors so we can take action — together.

“Our program is all about simplifying the giving process and maximizing the impact of every donation through shared support of local projects,” said Doyle.

Discover the giving opportunities available in Cumberland County below:

- Girls on the Run Mid State PA
- Junior Achievement of South Central PA
- Big Brothers Big Sisters of the Capital Region, Inc.
- Blue Mountain Escape, Inc.
- Cumberland County Library System Foundation
- Misson Central, Inc.
- New Hope Ministries, Inc.
- Pennsylvania Society for Biomedical Research
- Shippensburg Arts Programming and Education Inc.
- Shippensburg Historical Society Inc
- West Shore Symphony Orchestra Inc.
- YWCA Carlisle & Cumberland County

Visit [TFEC's website](#) to donate to any of these projects or learn more about the participating nonprofit organizations.

The last day to donate is Aug. 31.

Third Friday
FOOD TRUCKS



**APRIL 19 • MAY 17 • JUNE 21 • JULY 19
AUG. 16 • SEPT. 20 • OCT. 18**



135 W. Simpson St.,
Mechanicsburg
717-766-4611
fumchurch.com



MULTIPLE TRUCKS /// VARIETY OF FOOD

**Bake and
Book Sale!**

***Yard
Sale***



**Saturday, August 17
8:00 am to Noon**



135 W. Simpson St., Mechanicsburg/fumchurch.com

JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Thur. 8/15 – Wellsville Fair...
Kirk & Country Wise Band 7 – 8 PM

Sat. 8/17 – Shiremanstown
150th Anniversary...Kirk Band 2-4?

Sat. 8/17 – Mt. Airy Orchards, Dillsburg...
Kirk solo 9:30-12:30

Sun. 8/18 – Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 1-3

Tue. 8/20 – Greystone Brew House@
Range End , Dillsburg...Kirk solo 6-9

Fri. 8/23 – Reid's Wine & Cider House,
Gettysburg...Kirk Duo 7-10

Sat. 8/24 – Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 1-3

Sun. 8/25 – Wolf Brewing Brunch,
Mechanicsburg...Kirk solo 11-2

HAPPY BIRTHDAY

KIRK WISE!

For complete up-to-date
schedule, information,
and photos go to
www.jazzmeband.com

Bookings: call Kirk at 717-979-0341 or
E-mail wisemotors@aol.com

Tour sponsors:
FARNHAM INSURANCE,
MEMBERS 1st F. C. U.,
CLASSIC DRY CLEANERS, STUDIO D &
LANDON WISE PHOTOGRAPHY



GFWC
est. 1890
**GENERAL FEDERATION
OF WOMEN'S CLUBS**

GFWC (General Federation of Women's Clubs) Mechanicsburg

The next meeting will be on
Tuesday, September 10, 2024 at 6:30 PM at
Buhrig's Gathering Place, 25 East Main Street,
Mechanicsburg.

There will be a pot luck supper, so bring a dish to
share and your place setting. The program will be
speaker Clarence Banks from Boscov's.

Would you like to know more about how we serve
the community while helping Veterans,
libraries and schools?
Come for a visit to find out.

For more information, contact Sue at 717.243.9872
visit our website at
<http://gfwcmech.tripod.com/>

Shiremanstown Celebrating 150th Birthday!

Shiremanstown, which was established in 1874,
will be celebrating its 150th birthday this year.

Join friends and neighbors for the three-day
celebration from Aug. 16-18. The sesquicentennial
will commemorate the history of Shiremanstown,
as well as the residents and establishments that
have helped preserve its small-town charm over
the years.

To learn more about the upcoming celebration,
[please click here.](#)

LUNCH & LEARN: CONTROL YOUR BUSINESS INSURANCE COSTS!

**Aug 28, 2024
11:30-1:00**

Register Here

**230 S Sporting Hill Rd, Suite 100
Mechanicsburg, PA 17050**

Learn how to optimize employee benefits and commercial insurance strategies through group captives! This innovative insurance model enables businesses to gain greater control over their insurance expenses, reduce costs, and improve risk management.

cumberland valley
PENNSYLVANIA
CUMBERLAND AREA
ECONOMIC DEVELOPMENT | VISITORS BUREAU
CORPORATION





CANDLE MAKING

COME EXPERIENCE THE GLEE OF MAKING YOUR VERY OWN *CUSTOM FRAGRANCE CANDLE FROM SCRATCH* FOLLOWING OUR STEP BY STEP INSTRUCTIONS AT OUR CANDLE MAKING STUDIO LOCATED IN THE HEART OF DOWNTOWN, MECHANICSBURG! THE GLEEFUL CANDLE IS A SEASONAL SCENT STUDIO MEANING, SCENTS TO SELECT FROM ARE CATERED TO THE EXACT SEASON WE ARE CURRENTLY IN! THIS IS A WONDERFUL ACTIVITY FOR GIRLS NIGHT OUT, DATE NIGHT, WORK TEAM BUILDING EVENT, BRIDAL OR BABY SHOWER ACTIVITY OR IF YOU'RE JUST SEEKING TO DO SOMETHING UNIQUE AND DIFFERENT! CHILDREN AGES 10+ ARE WELCOME TO PARTICIPATE IN THE FUN OF CANDLE MAKING AS WELL!



TERMS | CONDITIONS | INFO

DISCOUNT CODE VALID UNTIL OCTOBER 20TH, 2024. COUPON USE FOR ONLINE CHECKOUT ON OUR WEBSITE. COUPON TO BE USED ONLY FOR STANDARD SESSIONS, NOT FOR ANY SPECIAL EVENTS SUCH AS LIVE HARPIST EVENT, CANDLE & COFFEE .ECT. STANDARD SESSIONS ARE TYPICALLY HELD WED-SAT, WITH POSSIBLE EXTENDED DAYS AVAILABLE FOR PRIVATE EVENTS. NO WALK-INS, MUST BOOK AHEAD TO RESERVE. EACH CALENDAR SHOWING AVAILABLE DATES WILL BE REFLECTED ON OUR WEBSITE ONE WEEK PRIOR TO THE FIRST OF THE FOLLOWING MONTH.

717-748-6899

WWW.THEGLEEFULCANDLE.COM

62 W. MAIN STREET
MECHANICSBURG, PA.
17055



Summer Scents until August 30th
Fall Scents start September 1st

Take advantage of this coupon to create more memories and customized candles with the ones you love!

62 W Main St, Mechanicsburg, PA
717-748-6899



Constituents of the 88th District are invited to my free document shredding event on Thursday, Sept. 5, from 5-7 p.m., in the Hampden Township Pool parking lot.

Safely dispose of up to four boxes/bags at this free event. This service is for individuals only; no businesses, please. Paper clips and binder clips must be removed prior to the event.

RSVPing for this event helps give the shredding company and my staff a headcount, please let us know you're coming by calling 717-761-4665 or visit RepDeLozier.com/Events. Shredding will be taken on a first-come, first-served basis.



CAR SEAT SAFETY CHECK & DAMAGED LICENSE PLATE & REPLACEMENT EVENT



Constituents of the 88th District are invited to my free child safety seat check and damaged license plate replacement event on Thursday, Sept. 19, from 4-7 p.m., at Platinum Mitsubishi Mechanicsburg.

Sept. 15-21 is National Child Passenger Safety Week. Certified car seat technicians will be on-site to ensure your child's car seat is properly installed. Police will also facilitate damaged license plate replacements.

License plates eligible for replacement include those that are blistered, peeling or discolored with at least one number or letter illegible from over 50 feet away. Bring your vehicle with the affected plate attached as well as your current

registration and unexpired driver's license. An officer will determine if your plate is eligible for replacement and my staff will assist you with filing the appropriate forms with PennDOT.

RSVPs are required. Let us know you're coming by calling 717-761-4665 or visit RepDeLozier.com/Events.



MACF GRANTEE RECEPTION

Thursday, September 19, 2024

Buhrig's Gathering Place



The **Mechanicsburg Area Community Foundation** is happy to host their

2024 Grantee Reception

celebrating the grantees receiving funding. Join this free event for a night of inspiring stories from nonprofits positively impacting the Mechanicsburg Area.

The event will be on Thursday, September 19 at Buhrig's Gathering Place from 5:00 pm-7:00 pm.

Register using this link: [2024 MACF Grantee Reception \(tfec.org\)](https://www.tfec.org/2024-MACF-Grantee-Reception).

Seeking HOSTS for 2024 & 2025 EVENTS

- Business Women's Networking Luncheon
 - After Hours Mixer
- Business Leaders Discussion Group

BE A HOST and showcase your business, service and more...

For more information - on HOSTING AN EVENT
contact the Chamber office at 717-796-0811 or email - info@mechanicsburgchamber.org.

COMMUNITY CARES PRESENTS

...YOU ARE THE KEY



The Twenty

Scan to Register



Register at www.morethanshelter.org

Individual Tickets \$75

19th September at 6:00 pm

Linwood Estates
93 Encks Mill Rd, Carlisle, PA 17015

Community CARES has provided over
500,000 shelter beds since 2004.

Join us as we
Celebrate 2024
and see what
we have planned
for 2025!

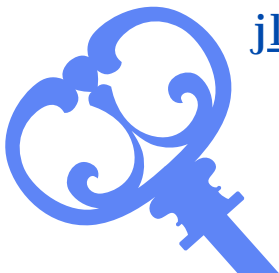


Entertainment by
John Westford

Contact Justin Lee at
jlee@morethanshelter.org
for Sponsorship details!
717.249.1009 Ext. 2234



www.johnwestford.com/





10TH ANNUAL FALL GOLF OUTING



Chance at
\$10,000

(50/50 split between winner and GTBA)

Hole-in-One Prize!



**FRIDAY SEPT 27
2024**

RANGE END GOLF CLUB, DILLSBURG

- Early Bird (by 8/22) \$ 95
- Regular \$105

SPONSORSHIPS AVAILABLE

Tournament	\$1,750
Golden Global	\$1,250
Course	\$1,000
Birdie	\$ 600
Door Prize	\$ 300
Hole	\$ 250
Patron	\$ 125

AGENDA

- 7:00 AM** Registration opens with coffee and donuts
- 8:00 AM** Shotgun Start for 18 holes of golf
- Followed by** Lunch, Door Prizes, and Awards

Register Now
thetide.org/golf



717-264-7288 events@thetide.org

Over The Edge

RAPPEL FROM THE ROOF!
VOLUNTEER. DONATE. WATCH.



October 4

17 North 2nd Street
Harrisburg, PA 17101

Courage for Kids

Over The Edge raises funds for our one-to-one youth mentoring program.

Go to new heights to make a BIG difference for a child in your community.



The official registration and financial information of Big Brothers Big Sisters of the Capital Region may be obtained from the PA Department of State by calling toll free 1-800-732-0999. Registration does not imply endorsement.

REGISTER TODAY: **CAPBIGS.ORG**



Over The Edge - Team Building

October 4, 2024

Market Square Plaza, 17 N. 2nd Street, Harrisburg



CORPORATE RAPPELLING TEAM

\$5,000 - Limited corporate teams available.

Your Corporate Rappelling Team will receive priority choice for a rappel "block" in our event schedule. (Must confirm prior to August 31st to receive priority choice.)

As part of your Corporate Rappelling Team experience, you will receive:

- One (1) Corporate rappelling team of five (5) participants
- 5 Invitations to the Liquid Courage Reception
- Logo on the event t-shirt
- Digital Recognition
- Company-provided item in Participant Gift Bag
- Company mention in thank you email to participants

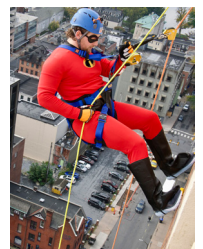


TEAM FUNDRAISING

\$1,000/person

Engage your employees to raise funds and send a peer or supervisor Over The Edge. Select an idea below or create your own team fundraising incentive:

- **Vote with your Dollars:** We suggest you encourage team leads or supervisors to create a fundraising page and invite employees to raise funds and donate to the person they want to see rappel.
- **Hold a Mini Event:** Host a pancake breakfast, bake sale, \$K, or other team event that gets everyone involved in raising funds for your Over The Edge participant.
- **Select an Incentive:** Let everyone know that the top donor/fundraiser/team lead gets to choose what costume the rappelling participant wears on event day.



Full List of Sponsorships: tinyurl.com/OTE24S

PENNSYLVANIA GAME COMMISSION

OUTDOOR EXCHANGE



BUY OR SELL GENTLY USED GEAR

This yard sale style event is designed to get new hunters afield with discounted gear while helping sportsmen clear out extra hunting clothes, packs, calls, trail cameras, bows, knives, and other outdoor recreation gear. NO FIREARM OR AMMUNITION SALES.



SATURDAY, SEPTEMBER 28, 2024
9:00 AM - 2:00 PM



PGC HEADQUARTERS
2001 Elmerton Avenue,
Harrisburg, PA 17110



PRESENTATIONS ON
Hunters Sharing the Harvest,
Affordable Hunting

RESERVE YOUR FREE
BOOTH SPACE HERE!



YOUR STATE WILDLIFE AGENCY

To manage and protect wildlife and their habitats while promoting hunting and trapping for current and future generations.



FOLLOW US

@PennsylvaniaGameCommission
@pagamecomm



The Pennsylvania Game Commission is hosting its first-ever "Outdoor Exchange," on Saturday, Sept. 28, at its headquarters located at 2001 Elmerton Ave., in Harrisburg, PA, 17110.

The agency is currently looking for vendors to set up a FREE booth to sell any unwanted outdoor items. To apply for a free vendor space, a registration form can be completed online.

Only applications submitted electronically will be accepted. [PGC Outdoor Exchange](#) Vendors will be required to sign a waiver the day of the event.

PGC's Outdoor Exchange is a yard sale style event, designed to help new hunters get afield by providing an opportunity to purchase discounted gear. Registered vendors can sell used hunting clothes, packs, calls, trail cameras, bows, arrows, knives, and much more. Vendors keep all proceeds from their sales.

Firearms sales and ammunition sales are prohibited.

Food trucks will be on site for the duration of the event. For the safety of vendors and participants, apart from service animals, no pets will be allowed.

Not an early bird? That's a good thing. Here's how to be productive anyway

Workers are suffering, not because they aren't productive enough, but because the current paradigm of work is fundamentally flawed.

BY *Lisa Bodell* - Fast Company

In today's hyperproductive society, there's a growing trend among leaders and influencers touting the benefits of joining the elusive early bird "4 AM Club." According to these productivity prophets, waking up at dawn is the golden ticket to success, efficiency, and enlightenment.

However, this narrative is not only **misleading but potentially harmful**. The truth is, the key to a life well-lived isn't found in a regimented, early bird routine but in simplifying all areas of our lives to make space for better thinking.

The problem: Modern work and mental health

Modern work culture has failed us. The **pressure to be a perpetually productive** early bird who is constantly connected has taken a significant toll on our mental health, according to some mental health professionals. We are bombarded with messages that equate our worth to our output and efficiency. This relentless pursuit of productivity too often leads to burnout, anxiety, and a pervasive sense of inadequacy.

Leadership's productivity hacks and strategies, promising a god-like status of efficiency, do not address the root of the problem. Instead, they perpetuate a cycle of stress and dissatisfaction. Workers are suffering, not because they aren't productive enough, but because the current paradigm of work is fundamentally flawed.

The solution: An anti-warrior approach

It's time for a radical shift. Instead of glorifying the warrior mentality of constant hustle that includes being an early bird, we need to adopt an anti-warrior approach. We must stop treating our lives like a never-ending marathon that we run at the pace of a sprint, and start embracing real wellness practices that foster genuine well-being.

Start subtracting: One of the most effective ways to reclaim well-being is to master the art of subtraction. Evaluate daily schedules and identify tasks, commitments, and routines that do not align with core values and long-term goals. The art of eliminating makes room for the tasks that truly matter. Subtraction is not a sign of weakness but a powerful step toward a more balanced and fulfilling life.

Another way to take this a step further is by asking if working on something results in time spent or time invested. Distinguish between time spent and time invested by auditing schedules to prioritize meaningful work. Investing in valuable work and minimizing wasted time is key to achieving professional growth and maximizing impact.

Trade showy mental health practices for real wellness: In the age of social media, there's a trend of showcasing elaborate mental health routines. While some practices can be beneficial, many are performative and add more to our already overwhelming schedules. Wellness benefits don't mat-

ter if they go unused because we're too busy to use them. Additionally, mental health can't truly be a priority at work if we reward quantity over quality. Take a workplace meditation room for example, which sounds like a nice idea in theory. But in practice, it often becomes an overflow room used for meetings when all others are in use.

What is real wellness? It's about **creating space for both** focused work and intentional rest. To achieve this, schedule dedicated deep work sessions where you can devote your full attention to impactful tasks. This focused approach allows you to transition into guilt-free rest because you've accomplished something meaningful.

During your rest periods, prioritize simple and sustainable activities. Take a walk to break up your routine, block off time for hobbies you enjoy, or set clear working hours and stick to them. The key is to actively engage in these activities and view them as essential for combating workplace stress.

advertisement

Learn how to say no: The ability to **say no is a crucial skill** in the quest for a healthier lifestyle. Many of us struggle with this because we fear disappointing others or missing out on opportunities. However, saying no is essential for maintaining boundaries and protecting our mental health. Some tasks are unproductive, unnecessary, and redundant. Get in the habit of reviewing new projects against these criteria to see if it really is worth the time and effort.

Say "yes" with intention and "no" with purpose. Craft criteria for accepting or declining tasks to better allocate time toward purposeful work. Optimize productivity and efficiency by strategically aligning tasks against top priorities.

Take back your time

Rejecting the early bird 4 AM Club doesn't mean we lack discipline or ambition. Instead, it's an effort to protect real wellness by recognizing that true productivity comes from a place of balance and clarity. It's not about stealing more time but using precious time more wisely. By simplifying life, subtracting unnecessary burdens, and learning to say no, we can create the mental space needed for better thinking and deeper fulfillment.

In the end, it's not about being an early bird, it's about waking up to what truly matters. Embrace the anti-warrior approach, and we'll find that real success lies in a life well-lived, not a life well-scheduled.

ABOUT THE AUTHOR

Lisa Bodell is the CEO of **FutureThink** and the author of *Why Simple Wins* and *Kill the Company*.