

BUSY BUSTING TOOLKIT

CHOOSE MEANING
OVER MAYHEM

 | Peggy Sullivan

Prepared by: Peggy Sullivan
Corporate Performance Expert | Keynote Speaker
Author of "Beyond Busyness: How to Achieve
More by Doing Less"

THE BUSY TRAP IS REAL. BUT SO IS THE SOLUTION

If you attended “Meaning Over Mayhem,” you already know: We’re not just facing a time management problem—we’re facing a meaning management crisis.

In our time together, we explored what happens when our calendars become disconnected from our values, and how that misalignment leads to time poverty, burnout, and a growing sense of emptiness—even among high achievers. We challenged the myth that success means doing more, and instead looked at how to lead, live, and work with clarity, purpose, and intention.

This toolkit is your next step.

It’s designed to help you go deeper into the principles we discussed in the keynote:

- How to recognize and escape the 5 Busy Traps
- Why values management is more effective than time management
- What it means to design your day based on energy, not obligation
- And how small, consistent shifts—like Happiness Rituals—can radically change your outcomes

That’s why I created the Busy Busting Framework—to help people move beyond hustle and into a way of working that actually works.



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Corporate Performance Expert | Keynote Speaker
Author of “Beyond Busyness: How to Achieve More by Doing Less”
www.BeyondBusyness.com

HOW TO USE THIS TOOLKIT

I designed this toolkit to turn insight into action.

Inside, you'll find:

- A *Busy Barometer* self-assessment to help identify your overwhelm patterns
- A curated set of *Happiness Rituals* to shift your mindset in minutes
- An excerpt from my book *Beyond Busyness*, plus workbook pages for deeper reflection
- Two actionable Playbooks tailored to leaders and entrepreneurs
- And a data-backed look at why balance—not busyness—is the leadership skill of the future, with my *Workplace Busy Report*.

Whether you're leading a team, running a business, or simply looking to reclaim your energy—this is your guide to doing less... better.

Let's keep going.

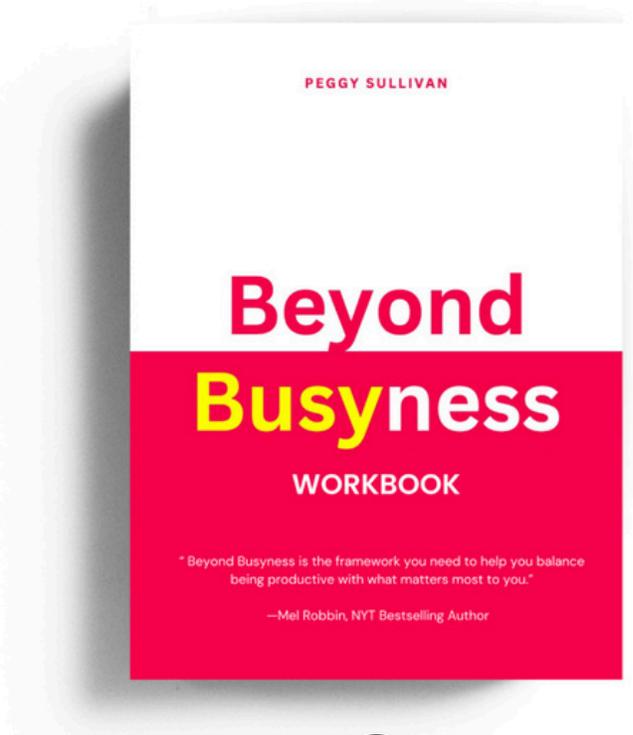
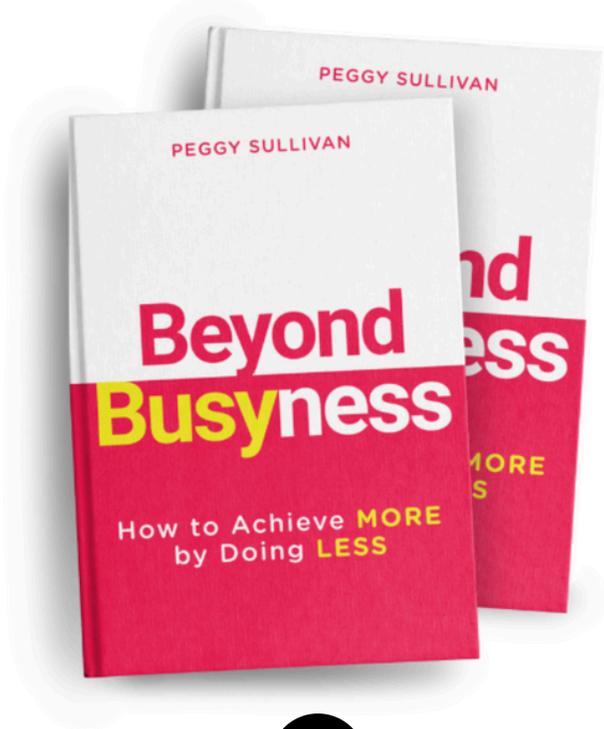
Peggy Sullivan

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FREE INTRO CHAPTER



BUSY BAROMETER





THE 2025 STATE OF WORKPLACE BUSYNESS

An analysis of 21 habits that result in productivity, health, and energy optimization

RESEARCH REPORT

Identifying and addressing the root causes of today's corporate challenges.

Presented by Peggy Sullivan
Corporate Performance Expert | Keynote Speaker
Author of "Beyond Busy: How to Achieve More by Doing Less"



CHEAT SHEET HAPPINESS RITUALS

Simple, science-backed 3-minute rituals to fuel brainpower energy, reduce stress, and prevent burnout.

FOR BUSY PROFESSIONALS

Presented by Peggy Sullivan
Corporate Performance Expert | Keynote Speaker
Author of "Beyond Busy: How to Achieve More by Doing Less"



THE BUSY BUSTING PLAYBOOK

How to Do Less, Achieve More, and Lead Sales Teams Without Burning Out.

FOR BUSY SALES LEADERS

Presented by Peggy Sullivan
Corporate Performance Expert | Keynote Speaker
Author of "Beyond Busy: How to Achieve More by Doing Less"



THE BUSY BUSTING PLAYBOOK

How to Escape Busy, Prevent Burnout, and Build a Purpose-Driven Business.

FOR BUSY ENTREPRENEURS

Presented by Peggy Sullivan
Corporate Performance Expert | Keynote Speaker
Author of "Beyond Busy: How to Achieve More by Doing Less"

