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**Habits for Happiness** Friday at 8 AM Pacific

May 20th 2022: Ep 28: The Powerful Habit of Kindness: w. motivator Katie Jefcoat

Join me as I talk with, kindness crusader, speaker, author and motivator: Katie Jefcoat, who supports mostly women move from feeling hectic to harmonious. As a recovering trial lawyer, she knows first hand what it feels like to have a demanding job. As an entrepreneur with a passion that lights her hair on fire and a busy family she's in the thick of it with you. Many people strive for balance and think overwhelm is just a part of life. Sadly, the hustle culture and our never-ending to-do list is creating a life where our priorities are getting the leftover scraps of time. Katie introd

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# **Featured Guest**



### **Katie Jefcoat**

Katie Jefcoat is the host of Everyday Happiness, the daily micropodcast, a happiness curator, kindness crusader, speaker and author who supports mostly women move from feeling hectic to harmonious. Many people strive for balance and think overwhelm is just a part of life. Sadly, the hustle culture and our never-ending to-do list are creating a life where our priorities are getting the leftover scraps of time. Katie introduces people to what she calls - Intentional Margins  $^{\text{TM}}$  - a kind of life in which they reduce randomness, create harmony between their to-dos and their priorities and intentionally enjoy the meaningful parts of life without feeling guilty. As a happiness curator, Katie

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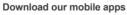
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