

Productivity Stacks Swipe File:

Kara Payton, The Happiness Habit/The Unshakeable Woman

Welcome to the [Productivity Stacks](#) swipe file! We've pulled every tool, system and person from our article to provide a simple swipe file. We hope it helps you!

Starting Stack

Systems

- Embracing uncertainty and change in life, using the upheavals in life as a springboard for new beginnings
- Using own life experiences and self-healing journey to provide support to those who are struggling with mental and emotional crises

People

- Payton

Tools

- [Google](#)
- Personal coaching sessions
- Health and wellness coaching certification from [Tony Robbins Mastery University](#)



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Growing Stack

Systems

- Adjusting marketing strategy to align with values
- Constant reminders of her goal/why she needs to be disciplined and consistent
- Creating her own workweek
- Planning the night before
- Setting up a system with kids to respect 'do not disturb' time
- Time blocking
- Pomodoro technique
- Crafting own morning routine that sets her up for a productive day

People

- Payton
- Her kids

Tools

- [Podcasting tools](#)
- [Google Calendar](#)
- iPhone
- [Loomly](#)
- [Dubsado](#)
- [Mailchimp](#)
- [Zoom](#)



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Scaling and Success Stack

Systems

- Productizing her service
- Outsourcing the design, printing, sales and marketing of new product

People

- Payton
- Workbook graphics, printing, sales and marketing teams

Tools

- [Google Calendar](#)
- iPhone
- [Loomly](#)
- [Dubsado](#)
- [Mailchimp](#)
- [Zoom](#)

Payton's Read-Watch-Listen List

- [Atomic Habits](#) by James Clear
- [As the Leader Grows](#) podcast by Ken Joslin
- [Grow Stack Drive](#) courses and community

How Payton Used the Stack

Read the full article to get more on how she implements these systems, tools, and people here:

[Author and Coach Kara Payton on How Clarity on Her Goals and Designing Her Days Around Distractions Has Helped Her Focus and Consistency in Her Business](#)



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