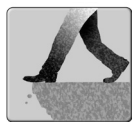


WORKSHEET FOR THE 7-STEP STORIES PROCESS to END OVERWHELM NOW



STORIES

STOP!



STORIES

TAKE A STEP BACK



STORIES

ORGANIZE



STORIES

REMEMBER YOUR RESOURCES



STORIES

IDENTIFY



STORIES

ENGAGE AN EMPOWERING NEW STORY



STORIES

SCHEDULE NEXT STEPS

STOP

Tell yourself "STOP!"  
Take several deep breaths.

TAKE A STEP BACK

Shift your physiology.  
Shift your perspective.

ORGANIZE

What SPECIFICALLY is causing your feeling of overwhelm right now? Write it down and be specific.  
What's one next step?

REMEMBER YOUR RESOURCES

What are your strengths, abilities, skills?  
Who can help you?  
What knowledge or skills are needed?  
Where can you find or learn that?  
What financial resources are needed?  
What activities or commitments can you delegate, delay, or dump?

IDENTIFY CONTROL AREAS

Focus on what you CAN control, and let go of what you can't.

I can control (hint: it's only you):

I can't control:

ENGAGE A NEW STORY

What new beliefs, perspectives, language, or stories would allow you to move forward powerfully?

SCHEDULE

Put your discoveries and action steps in your calendar to free your mind.

NOTES



www.EndOverwhelmNow.com

Karen Van Cleve, Board Certified Coach and IAC Master Masteries Coach (MMC) Results Coach, Robbins Research International  
• Phone: 303-987-5957 • Fax: 303-583-8386 • Text Messages: 303-903-6389 Author of *End Overwhelm Now: A Proven Process for Regaining Control Over Your Life*