

PERSONAL ACTION PLAN TO END OVERWHELM NOW

DYNAMICS	OPTIONS	YOUR PLAN
If I can't keep up I'll die	<p>Physical reactions:</p> <ul style="list-style-type: none">• Take several deep breaths• Smile• Listen to your choice of relaxing music <p>Psychological reaction:</p> <ul style="list-style-type: none">• What are you really afraid of?• WAM-it exercise	I choose to implement the following when I feel that if I can't keep up I'll die:

THREE TRIGGERS OF "STACKING AND LACKING"

a. It's too much	<p>Organize the excess:</p> <ol style="list-style-type: none">1. Ask: "What SPECIFICALLY is causing me to feel overwhelmed right now?"2. Write down your answer, generally 4 – 6 items3. Write down 1 – 2 small next steps for each4. Which of these actions would most help your feeling of overwhelm? How can you complete that one action? Who can help?5. Acknowledge yourself for making the decision to shift the feeling.	I choose to implement the following when there's too much or I'm stacking:
b. There's not enough	<ul style="list-style-type: none">• Challenge your thinking: Is it true?• Create your own list of empowering resources	I choose to implement the following when I am lacking:
c. I'm not enough	<ul style="list-style-type: none">• Catch yourself in unrealistic comparisons• Make a list of your many strengths, capabilities and accomplishments• Be willing to call on your resources	I choose to implement the following when I feel I'm not enough:



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