

PERSONAL ACTION PLAN TO END OVERWHELM NOW

DYNAMICS

OPTIONS

YOUR PLAN

LAB: LANGUAGE, ATTENTION AND BEHAVIOR

Language

- Ban the bully
- Avoid absolutes
- Stop shoulding on yourself
- Replace lousy questions with powerful ones
- Eavesdrop on yourself

What language patterns do I use to create overwhelm?

What language patterns do I want instead?

Attention

- Intentionally practice paying attention
- Notice how attention affects your emotions
- Override defaults
- Organize your thinking
- Focus on what you can control

What do I pay attention to that contributes to overwhelm?

What do I need to focus on instead?

Behavior

- Take even the smallest actions by chunking/celebrating and planning
- Start anywhere and before you're ready
- Get support
- Leverage the power of habit
- Take care of your body

Which of my behaviors contribute to overwhelm?

What behaviors will I choose now?



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