

Quickly Crush Overwhelm

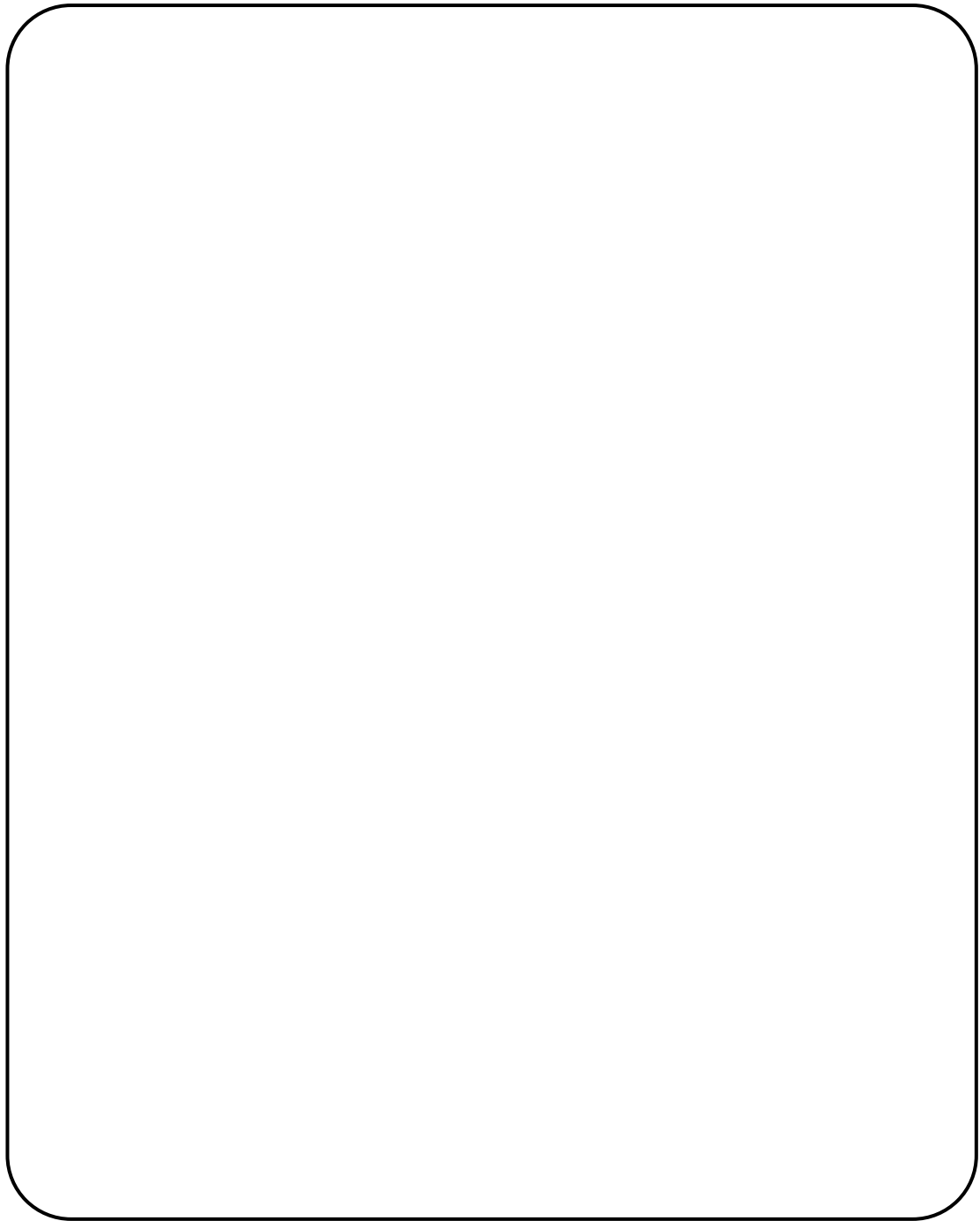


—Ellie Burke—

HOLISTIC LIFE COACHING

Drain your Brain

List everything that's creating a dense cloud of overwhelm in your head

A large, empty rounded rectangular box with a thin black border, intended for the user to list sources of overwhelm.

Categorize II!

Now, take these things and separate them into the categories below {go in order - don't skip a step!} and, as you find a box for them, cross them off of your list above.

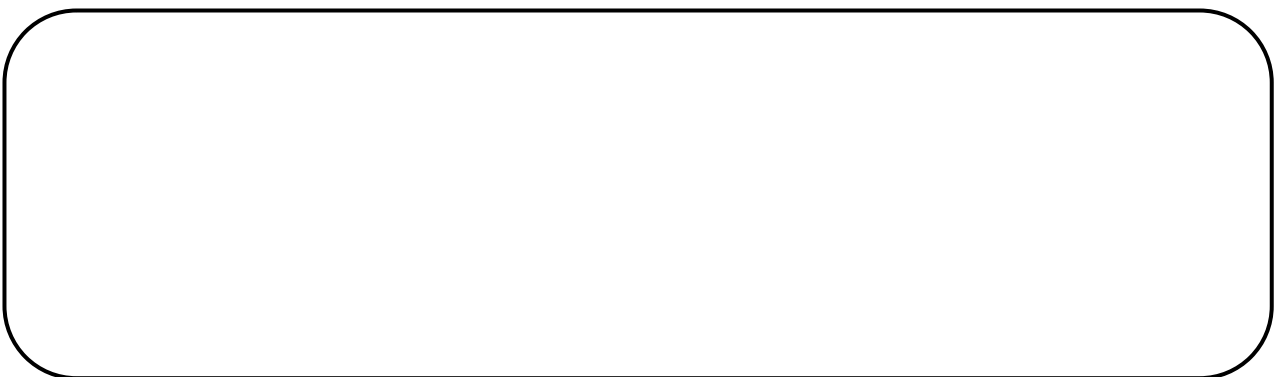
DELETE IT

find several things that you can eliminate from your list - challenge yourself!



DELEGATE IT

from what remains: what can someone else do - paid/unpaid, human/computer



Categorize II!

Now, take these things and separate them into the categories below {go in order - don't skip a step!} and, as you find a box for them, cross them off of your list above.

DELAY IT

from what remains: what can be done later - even if tomorrow or next week



DO IT (YOUR WAY!)

from what remains: how can you get these things done in a way that is best for you - when will you do it? In what environment?

