



Overwhelm Culprits WORKSHEET

The 5 "C"s make it easy to identify where to find clarity when you are feeling overwhelmed. Take 60 minutes today to think and answer the following questions and outline them on the following Overwhelm Culprit Masterplan Worksheet.

When you do, it's easier to update your strategy to accommodate your current reality

CLARITY

If you are not clear on what you want, you'll never achieve it. In your dream scenario, if you ran into a friend at the airport 5 years from today, what do you want to tell them you've accomplished? List the top four values in your life, and what you'd tell them for each category.

CONFIDENCE

If you are not confident in yourself or your abilities, no matter how hard you try it's going to hold you back. In what areas are you not confident? What actions will you take to start to increase it?

COMMUNITY

You are the average of the 5 people you spend the most time with. Your support system is crucial to take you to where you want to go. List out the 5 people (can be family, partners, family, friends, colleagues, vendors, etc.) you spend the most time with. Is your community helping you? Or holding you back? List out your findings.

CONDITIONING

When we don't take care of our mind and body, it becomes difficult to perform at our highest capacity both for ourselves and for others. Rate your physical and mental health on a scale of 1-10. What actions will you take to improve your mental and physical health?

CONSISTENCY

Consistency is key! Time management skills and follow up systems are essential to staying on track. How will you improve your accountability systems to take action over and above what you are doing today? Draft your *Overwhelm Culprit Master Plan* and take action today!

VALUE #1: _____

VALUE #2: _____

VALUE #3: _____

VALUE #4: _____

WHAT AM I NOT CONFIDENT ABOUT?

HELPING

PREVENTING

#1:

#2:

#3:

#4:

#5:

WHAT ACTIONS CAN I TAKE TODAY TO START BUILDING THAT CONFIDENCE?

HOW DO I RATE MY PHYSICAL HEALTH ON A SCALE OF 1-10?

HOW DO I RATE MY MENTAL HEALTH ON A SCALE OF 1-10?

WHAT'S WORKING WHEN IT COMES TO MY SELF-CARE?

WHAT'S NOT WORKING WHEN IT COMES TO MY SELF-CARE?

WHAT ACTIONS CAN I TAKE TO IMPROVE MY SELF-CARE TODAY?

MY ACTION PLAN: