



# OBLITERATE OVERWHELM



WHERE TO START  
WHAT TO DO NEXT

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# Brain Dump

Step #1: Everything in your head must come out. Write down everything that needs to get done, anything that's worrying you.

Question #1: "What is making me feel overwhelmed?" Is it the sheer number of undone items? Have you overcommitted yourself? Is there an unhealthy relationship, boundary, or financial issue that needs to be addressed? Are you distracted by projects and tasks that aren't the most important things you should be doing? Are you trying to do it by yourself? Do you have conflicting emotions keeping you from moving forward? Are you too disorganized? Is a task too complicated? Be specific. What is making you feel overwhelmed?

