

OUT OF OVERWHELM
MONDAY ~ DAY ONE

INNERWARD
CHATTER FOR
CHANGE

THANKFUL FOOTING

Upon awaking and planting your feet on the ground!

Beginning your day on the right foot!
Call in gratitude!

Say OUT LOUD!
THANK YOU!
Thank you!
Thank you!

To the Universe.
To your body
To your spiritual body
To your emotional body

Say a loud, bold **Thank You!**
Let your voice reverberate though out the
UNIVERSE!

Hold the intention of a simple *Thank You* for the blessing of this new day.

Try this too! Daily Earthing! During times of overwhelm and uncertainty it is extremely important to connect with Mother Earth!
Walking barefoot daily connecting with grass, soil or beach sand is essential for your mind, body & soul.

OUT OF OVERWHELM
TUESDAY~ DAY TWO

QUIETING THE
NEGATIVE INNER
CHATTER

WHAT'S RIGHT? WHAT'S NOT RIGHT?

It is a daily practice to create a shift in awareness focusing on what is currently right or working in your life right now.

Overcoming the feelings that are producing overwhelming thoughts requires self-awareness and being in the non-judgmental state.

Simple jot down five things that are right in your world today:

- 1.
- 2.
- 3.
- 4.
- 5.

Now simple jot down three things that are not right in your world today:

- 1.
- 2.
- 3.

Give yourself permission to feel the emotions behind your list.
In the past I have used my "what's right in my world" list as an affirmation.

For example: My home is comfortable and warm.
Affirmation: I am grateful for my warm and comfortable home

OUT OF OVERWHELM
WEDNESDAY ~ DAY THREE

SIX QUESTIONS
MUST ASK
QUESTIONS FOR
CHANGE

SIX MUST ASK QUESTIONS! ARE YOU READY?

Even while we're all under a state of collective stalling you can use this time for some creative forward thinking about your intention and what you want to create and how you want your life to look like.

Today: Simply honestly answer these questions!

1. What do I want? (Sometimes we're crystal clear on what we want, sometimes not.)
2. What **don't** I want? (Sometimes we're super clear on what we don't want (no judgement, this is good))
3. What will I do? (Sometimes we are willing to do whatever it takes to achieve a goal, with our personal boundaries)
4. What won't I do? (Sometimes jotting down what you won't do holds your clear integrity)
5. What will I tolerate? Sometimes the pain to pleasure balance is okay to push it to it's limits)
6. What won't I tolerate? (Sometime personal limits need to be clear and understood to move forward with ease.)

OUT OF OVERWHELM
THURSDAY ~ DAY FOUR

IS THAT SO?
IS THAT TRUE?

MENTAL CHATTER

Our self talk can take us places so positive and some negative.

During time of uncertainty and overwhelm becoming aware of your internal mental chatter and witnessing the emotions behind that chatter can decrease emotional stress and upset.

For example: You become aware of a thought that is anxiety producing. Within that awareness ask yourself:

"Is that so?" or "is that true"?

Wait for reaction to this questioning and become aware of your reaction. You could ask yourself:

"What do I feel"? then "What do I need"?

Becoming a neutral witness to your feelings is a powerful healing and grounding process.

Feeling without shaming is the key to quieting negative mental chatter and enstilling peace during chaos.

OUT OF OVERWHELM
FRIDAY ~ DAY FIVE

COMPLIMENTING &
AFFIRMATION

HAVE YOU COMPLIMENTED YOURSELF TODAY?

YOU'RE AMAZING

We talked about interrupting the negative self chatter by practicing self awareness and self care by feeling and releasing without judgment.

The best way to override the ingrained thinking or chatter is through sweet talk and compliments.

Train your brain to look at yourself with loving eyes. You can begin with a daily compliment and then create an affirmation.

Compliment: You're so good at your job!

Affirmation: I claim and share my talents with ease and grace!

This is day five of Out of Overwhelm and I encourage you to continue to use these strategies and also continue your daily practice of self complimenting for the next 21 days.

Whisper out loud your loving kindness towards yourself first will have you see with loving eyes to others. Something we all need right now!

