

# OVERCOME OVERWHELM TO RE-DISCOVER YOUR SPARK

When everything becomes too much and our life seems to spiral out of control, there are 3 steps we need for self-recovery.

Self → Focus → Action



## SELF

First we need to stop and think. We need to bring our attention to ourselves and look inwards to discover what exactly is overwhelming us or making us feel frustrated and helpless.

We need to ask ourselves:

**What about this situation is really bothering me? Why?**  
**What exactly needs to change?**

## FOCUS

Once we know what we need to change, even if we don't know how we would achieve it all quite yet, we need to look at our ideal future situation.

What do we actually want?

We need to ask ourselves:

**What would be the perfect situation? Why?**  
**What would the dream future look like?**





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## ACTION

Even if the entire route to our perfect solution is unclear, we often know - or can guess - the first steps towards the future we want. We need to simply think about what little actions we could take, to help us find the rest of the path.  
We need to ask ourselves:



**What would be the first thing I need to do to make a start?**

**If I only had 30 mins today to make a difference, what would I do?**

**With more clarity about the actual problem, more focus on the ideal future and the first steps in the right direction, we gradually develop the mindset to set the path to a bigger, brighter, better future.**

Self      Focus      Action

**If you're struggling with any of these 3 steps and would love to chat this through, just book a free 'Kick Start' Call with me.**

We could chat about what's been holding you back, how to gain the focus and clarity you need to create your dream future, or how to set those baby steps in motion to build momentum and reach for the success you know you deserve.

**Book your free 'Kick Start' Call by [clicking here](#)**

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