



10 Points to...

Overcome Overwhelm & Anxiety for busy women

- ✓ **Prioritize** : YOU first! So you can help others. List the 6 most important tasks and focus on those first, although most of us can only achieve 3 & that's okay! 😊
You've got this! (Be Kind to your mind) ♥
- ✓ **Take breaks**: Short breaks throughout the day to rest and recharge, be in the present moment & be aware throughout the day how you breathe ie: is it shallow or short? Deep breathing 2- 5 minutes is very CALMING & Rejuvenating.
- ✓ **Delegate & Organise**: Share responsibilities with other family members through kind & clear communication. **BE Organised** : Use tools like calendars and to-do lists to stay on top of things. Digital, Whiteboard or Paper whichever you love most!
- ✓ **Practice self-care**: Make time for exercise, hobbies, personal development books, ie:"I'm NOT Okay! W.T.F do I do NOW? (**The book that changes you as you read it, by Maz Schirmer**) or activities that help you Relax, De-stress & Feel GOOD!
- ✓ **Set boundaries**: Learn to say NO and prioritise your own needs. This is **NOT** selfish, this is SELF-Love ♥
- ✓ **Ask for help**: Reach out to friends, family, or a therapist or Transformologist® you completely Trust if you need support.
- ✓ **Simplify**: Cut back on unnecessary commitments and streamline routines. You don't have to be Wonder Woman EVERY day!
- ✓ **Celebrate small victories**: Acknowledge your accomplishments, even if they seem small. Keeping your self-esteem UP!! GO YOU!!
- ✓ **Eliminate Overwhelm**: Break down larger tasks into smaller, more manageable ones. Feeling like you keep Procrastinating? it's a woman's way of dealing with her fears. **Apply for a Reset via the website** if this becomes chronic for you. **Dealing with the past**: Practise self compassion & forgiveness towards yourself & others. Use past experiences as opportunities for growth & learning. Focus on the present moment and take action towards creating a better future. **Creating a New Future**: Continuously learn to stay OPEN & Curious to new ideas & perspectives. Create a strong network of friends, family & mentors. Be willing to reach for your dreams and aspirations for the goals & rewards you want in life. "They WERE MADE FOR YOU! "
- ✓ **2 ways to Abolish GUILT** :
 1. Take responsibility for your actions and make amends if possible. This can help alleviate the guilt you feel and prevent similar actions in the future.
 2. Practice self-compassion by acknowledging that everyone makes mistakes and it's okay to forgive yourself. Focus on self-care and positive affirmations to help let go of the guilt.

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Re-connection to your feelings and allowing yourself to feel the feelings, even though they may feel 'bad or negative' - it's actually the gateway to your own personal transformation. Be KIND to your mind each day on your journey to the life you envision to live. Know in your HEART of Hearts you're doing the best you can!

Apply For A Reset - <https://leadhertofreedom.as.me/>

Lisa ✕