

FIND YOUR FOCUS

Find the one area of your life that needs attention



What This Is

A short, guided reflection to help you identify one area of your life that needs attention—so you can take a small, meaningful step toward clarity.

FIND YOUR FOCUS

A gentle step out of survival mode.

1 **Name It**

Why it matters: Your brain needs clarity to stop scanning for danger everywhere.

Do this: Write down the specific stressors.

- What area of my life feels most chaotic or stuck right now?
- Where do I feel the most tension or overwhelm?

Write them down. This helps externalize the fear and reduce overwhelm. Do a brain dump and get it out of your head.

2 Regulate Your Body First

Why it matters: You can't think clearly when your body is feeling panic in survival mode.

Do this: Choose one grounding tool:

Box breathing (inhale 4, hold 4, exhale 4)

Cold water on wrists or face

Gentle movement (walk, stretch, sway)

Do a self-check: drink some water, eat something, focus on self-care.

3 Create a Micro Plan

Why it matters: Predictability calms the nervous system.

Do this: Identify what you can control this week:



For every item that is triggering your survival mode. **Think about one thing that you can control.** One action that you can take.



Pick something small. Something doable. Something that will help you move forward.



Block out a time on your calendar when you will do it. **Make an appointment with yourself.** This turns intention into action and builds trust with yourself.



WIZDOM WELLNESS

4 Connect with a Safe Person

Why it matters: Isolation amplifies fear.

Do this: Reach out to one person who feels emotionally safe. You don't need to explain everything—just say, “I'm having a hard week.”

Connect not just for emotional support—invite them to a **mirroring session**.

What's mirroring? It's when someone reflects your goals back to you, holds space, and gently nudges you forward.

Tell them:

“Here's what I'm working on. Can you check in with me later to make sure I follow through?”

Even a simple message can keep you going.

5 Celebrate + Reflect

When you complete your action:

- Celebrate your win (yes, even the tiny ones!)
- Ask: How did that feel? What shifted?
- Reflect: What could I improve next time?
- Repeat. Iteration and consistency build momentum.

Invitation to Go Deeper

If this felt supportive, the **Declutter Your Mind course** offers a deeper journey into nervous system healing, emotional clarity, and reclaiming your energy.



Wizdom Wellness was born in the quiet chaos of caregiving, chronic exhaustion, and the kind of responsibilities that don't clock out.

Traditional routines didn't fit. The energy came in waves. The systems broke. The house got messy. But we still had to show up for our families, our futures, and ourselves.

So, we built something different.

This space is for the quietly brilliant, the caregivers, the neurospicy, and the beautifully burned-out. The ones who've had to choose between income and health. The ones trying to do a lot with not a lot.

We believe:

- Support should strengthen you, not exhaust you.
- Systems should flex with your life, not fight against it.
- Income, peace of mind, and clarity should be accessible, not aspirational.

This ebook is a small part of that. It's not about "getting it all done." It's about finding your rhythm, one real-life week at a time.

You don't have to be perfect. You just have to start.

Let's do this together.