

COMPANION WORKBOOK

The Overwhelm Compass

Turn Business Friction into Forward Action

STOP FIGHTING YOUR BRAIN.

A mini-course companion workbook

This book belongs to: _____

Welcome To The Overwhelm Compass

If you are reading this, you are likely in the middle of building something that matters. You are also likely hitting the invisible wall of execution blocks that stops so many entrepreneurs in their tracks.

This workbook is designed to help you decode that heavy, tight feeling in your chest so you can stop fighting your own brain and start moving your business forward.

Use these exercises alongside the video modules to transform overwhelm from a stop sign into your greatest directional tool.

My name

Date started

THE COMPASS POINTS FORWARD.

Module 1: The Anatomy Of Overwhelm

When your chest gets tight, it is not a sign that you are failing. It is a sign that you are expanding.

CONCEPT REVIEW

- The Tight Jacket: Overwhelm is simply the physical sensation of your current identity becoming too small for the business you are building.
- The Protective Self: Your primitive brain cannot tell the difference between a physical predator and a new piece of software. It triggers an alarm (overwhelm) to keep you safe from the unknown.
- The Compass Shift: That feeling of friction means you are leaving your comfort zone - which is exactly where you need to go.

EXPANSION HAS A SENSATION.

Exercise 1.1: Identifying Your Tight Jacket

Think about the last time you sat at your desk and felt that heavy weight on your shoulders.

1. What specific business task were you trying to do?

(e.g., Recording a video, figuring out an email sequence, writing a post)

2. What story did your brain immediately tell you about why you couldn't do it?

(e.g., "I'm not smart enough for this tech," "I'm behind," "Everyone else has this figured out.")

Exercise 1.1 Continued

3. Now, reframe it. If this discomfort is just the "jacket getting tight", what new, expanded version of yourself are you currently stepping into?

(e.g., "I am stepping into the identity of someone who speaks confidently on camera.")

THE JACKET IS GETTING TIGHT.

Module 2: Decoding The Compass

Not all overwhelm is a sign of growth. Sometimes, it is just a bad strategy.

CONCEPT REVIEW

- Strategy Overwhelm: Happens when your to-do list is too long and you have not prioritized. It feels scattered. The fix is ruthless simplification.
- Growth Overwhelm: Happens when you know exactly what you need to do, but you are scared to be seen or to step into the unknown. The fix is leaning into the discomfort.

A QUICK NOTE BEFORE THE AUDIT

The goal is not to make the list perfect. The goal is to see which kind of overwhelm you are dealing with, so you can choose the right response.

NAME THE RIGHT PROBLEM.

Exercise 2.1: The Overwhelm Audit

Look at everything currently weighing on your mind in your business. Categorize them below.

BUCKET A: STRATEGY OVERWHELM (THE CLUTTERED LIST)

List the tasks that are overwhelming you simply because there are too many of them at once.

- ☐ _____
- ☐ _____
- ☐ _____

BUCKET B: GROWTH OVERWHELM (THE SCARY WORK)

List the tasks that you know you need to do, but your chest gets tight because it requires you to be vulnerable or learn a completely new skill.

- ☐ _____
- ☐ _____

SORT THE SIGNAL FROM THE STATIC.

Exercise 2.2: The "One Thing" Protocol

Look at your Bucket A (Strategy Overwhelm). Your brain looks at that list and says "I cannot do all of this" - and it is right.

If you could only do ONE thing today to move your business forward, what would it be?

COMMITMENT

I will hide the rest of the list, close all other tabs, and only focus on this one thing.

Today I will start at:

I will know this is complete when:

ONLY ONE THING.

Module 3: The Reset & The Micro-Task

Your nervous system needs to know you are safe before it will let you do creative, vulnerable work.

CONCEPT REVIEW

- The Biological Reset: You cannot think your way out of panic. You must physically signal safety to your body.
- The Vagus Nerve: A long exhale tells your biological alarm system to switch off.
- Task Shrinking: The protective self panics at big projects. You must shrink the task down until your protective self stops caring about it.

SIGNAL SAFETY FIRST.

Exercise 3.1: The 60-Second Grounding Protocol

Keep this checklist at your desk. Run through these steps BEFORE you open a document or hit record.

- ☐ 1. Posture: Push your chair back, put both feet flat on the floor, and press your hands down on your thighs.
- ☐ 2. Breath: Breathe in for 4 seconds. Exhale slowly for 7-8 seconds. Repeat 3-4 times.
(This activates the vagus nerve).
- ☐ 3. Sight: Look around the room and name 3 physical objects out loud to pull your brain back into the present moment.

What shifted in my body after the reset?

Exercise 3.2: The Micro-Task Breakdown

Take one scary task from your Bucket B (Growth Overwhelm) list in Module 2.

What is the massive project your brain is currently terrified of?
(e.g., "Create a 6-week online course" or "Build a sales funnel")

Shrink it down. What is a tiny, 90-second task you can do tomorrow morning that represents forward motion?
(e.g., "Write the title of Module 1 on a piece of paper" or "Record a 30-second voice memo")

Your Micro-Task Commitment

I will complete this 90-second task tomorrow morning before I check my email or look at my phone.

I am not trying to finish the project; I am just proving to my nervous system that taking action is safe.

My 90-second task:

Tomorrow morning I will do it at:

When resistance appears, I will remind myself:

TAKING ACTION IS SAFE.