

ALPHA LIVING HQ



# CRUSH OVERWHELM

and get it done!



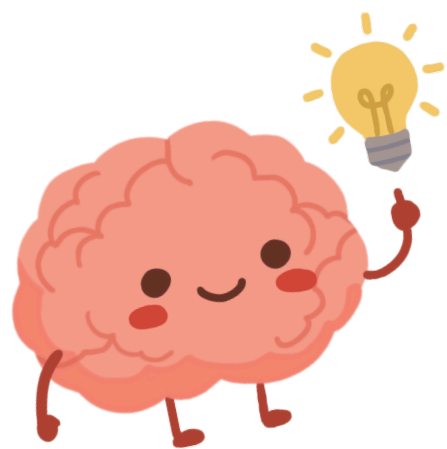
By Annie Salvador

DUMP

CHIUNK

BLOCKS → ACTIONS  
→ SCORE 8-10s

# THE STEPS



**Tip:** For easiest application use the workbook found here:

MAKE A MASTER COPY!

01	BRAIN RESET
02	DUMP
03	CHUNK
04	SCORE & TRANSFORM
05	PRIORITIZE IN <b>2</b> MOVES
06	GRATITUDE
07	CALENDAR
08	KEEP IT GOING

# STEP 1

# BRAIN RESET

**Standing up.**  
**Right elbow to left knee,**  
**Left elbow to right knee.**  
**Repeat x 50**  
***Cross the midline***



**Get your brain sparking.**

# STEP 2

# DUMP



**Empty your brain of all tasks yet to be done. (5-10 minutes)**

**All tasks, ideas, worries—from "Launch new course" to "Grocery shop" to "Reply to that email."**

**Reserve tickets.**

**No filters, just raw output.**

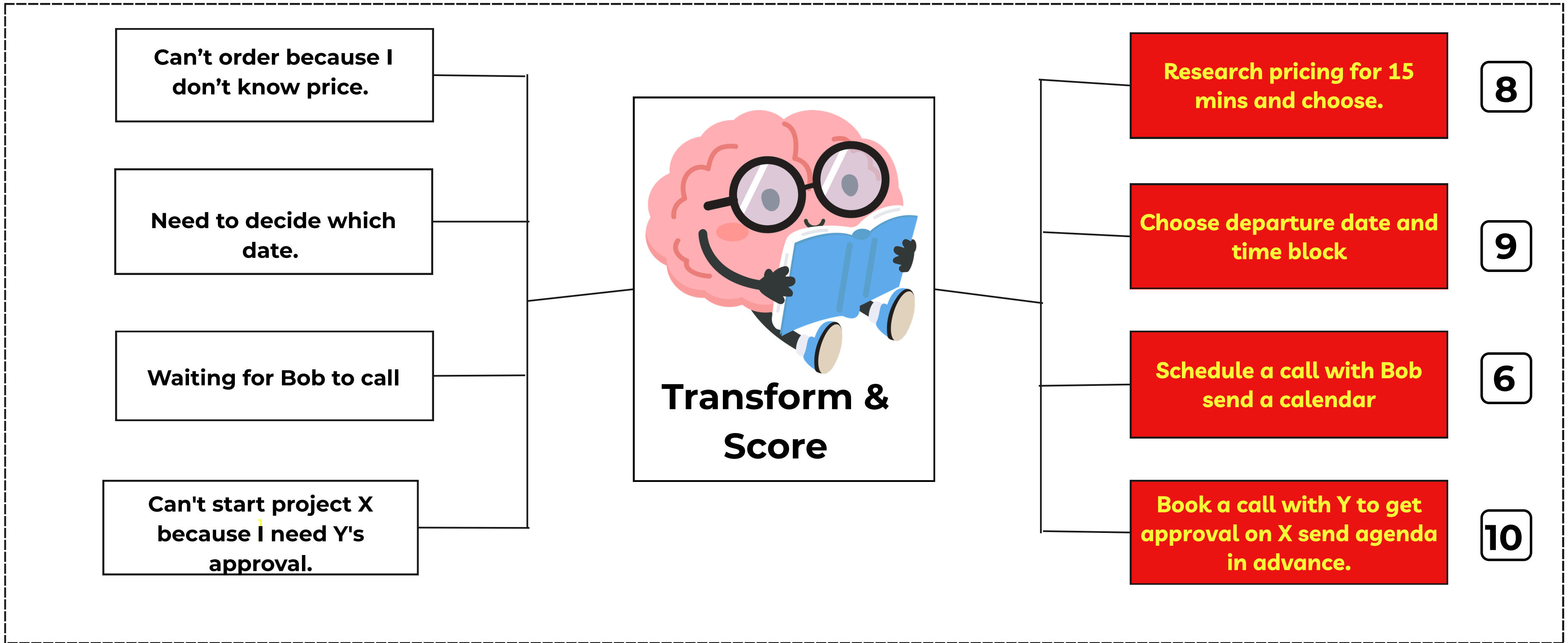
# STEP 3

# IDENTIFY BLOCKS



Decisions needed? Questions unanswered? Missing info? What are you avoiding? Energy Leaks?

Can't order because I don't know price.  
Need to decide which date.  
Waiting for Bob to call.  
Can't start project X because I need Y's approval.



# STEP 4

# TRANSFORM BLOCKS & SCORE 1-10

# STEP 5 PRIORITIZE IN 2 MOVES

## MOVE 1

**CHUNK 8-10's**

	<b>KILL</b>
	<b>DELEGATE</b>
	<b>TODAY</b>
	<b>THIS WEEK</b>



## MOVE 2

**CRUSH IN ROUNDS OF 3**

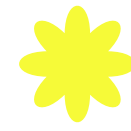
	<b>MOST IMPORTANT TASKS</b>
	<b>X 3</b>

# STEP 6

# GRATITUDE

**WHY?**

**BECAUSE YOU CAN AND SHOULD ALL DAY, EVERY DAY.**



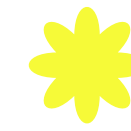
THANKFUL FOR  
SKILLS



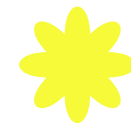
THANKFUL FOR  
FAMILY



THANKFUL FOR  
KIDS



THANKFUL FOR  
GOOD FOOD



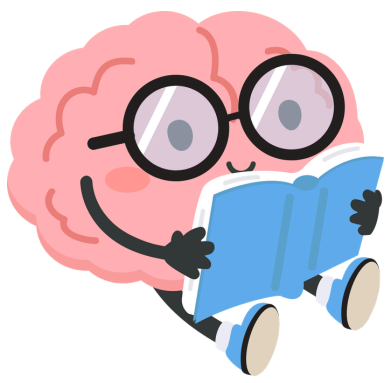
THANKFUL FOR  
FREEDOM



THANKFUL FOR  
OPPORTUNITY



**GRATITUDE IS  
THE  
ANTIDOTE  
FOR  
EVERYTHING**



**MORNING  
SELF-CARE**

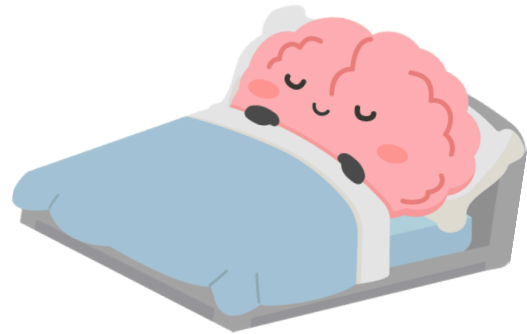
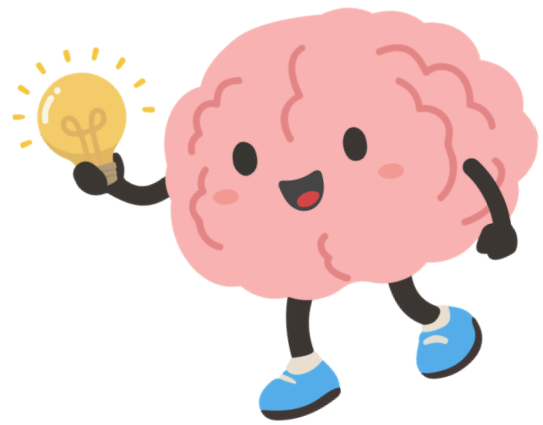
**DATE NIGHT**

**BRAIN BREAKS**

**FAMILY  
COMMITMENTS**

**DEADLINES  
CHECK-INS  
BENCH MARKS**

**DELEGATE  
CHECK-IN**



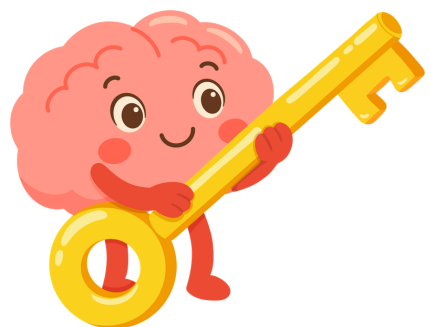
**DOING TIME**

**REST TIME  
DOG WALKS**

**TIME  
FOR  
UNEXPECTED**

# STEP 7

# CALENDAR



**IF IT TAKES TIME  
ADD IT!**

# STEP 8 KEEP IT GOING

## DAILY HABITS

	<b>BRAIN RESETS</b>
	<b>GRATITUDE</b>
	<b>REVIEW ROUNDS OF 3</b>
	<b>TAKE ACTION</b>
	<b>DELEGATE CHECK-INS</b>
	<b>KILL ENERGY LEAKS</b>



## MONDAY RESET

	<b>DUMP NEW INCOMING</b>
	<b>REPEAT</b>

GRAB YOUR  
WORKBOOK  
HERE

<https://www.alphalivingHQ.com>



## INTRODUCTION

Meet me. 20 years + coaching.

Winning toolbox

Foster Kid to Conqueror.