

7 *steps to combat* ENTREPRENEUR OVERWHELM

1: TAKE A 5-10 MIN BREAK

Do something else for 5-10 minutes to put your brain in a different state so you can approach the situation from a calmer perspective.

2: ASK YOURSELF THESE FOUR PERSPECTIVE QUESTIONS

Will I remember this in a years time?

Is this *really* going to affect my long-term business growth?

Am I making this a bigger deal than it needs to be?

Am I trying to achieve '*perfection*' rather than 'done'?

3: RE-DO THE TO-DO'S

Now from a calmer perspective, shuffle the day/week so you are left with nothing to do today except the absolute priorities.

4: TAKE ANOTHER 5-10 MINUTE BREAK

Have a more relaxed break this time, now you're hopefully in a calmer state, with a clear plan of action ahead.

5: TACKLE THE PRIORITIES

You can now look at completing the priorities with a more rational outlook - you'll probably see solutions you didn't see before.

6: EVALUATE THE DAY

End on a productive note by assessing what went well, and what you can learn from to prevent this situation again in future.

7: SEE THE BIGGER PICTURE

Task in your diary to look back on this event in 6 months or a years time and notice how small it feels now. Log this to recall back on next time you need some proof that you can handle tough days.