

OVERCOMING OVERWHELM

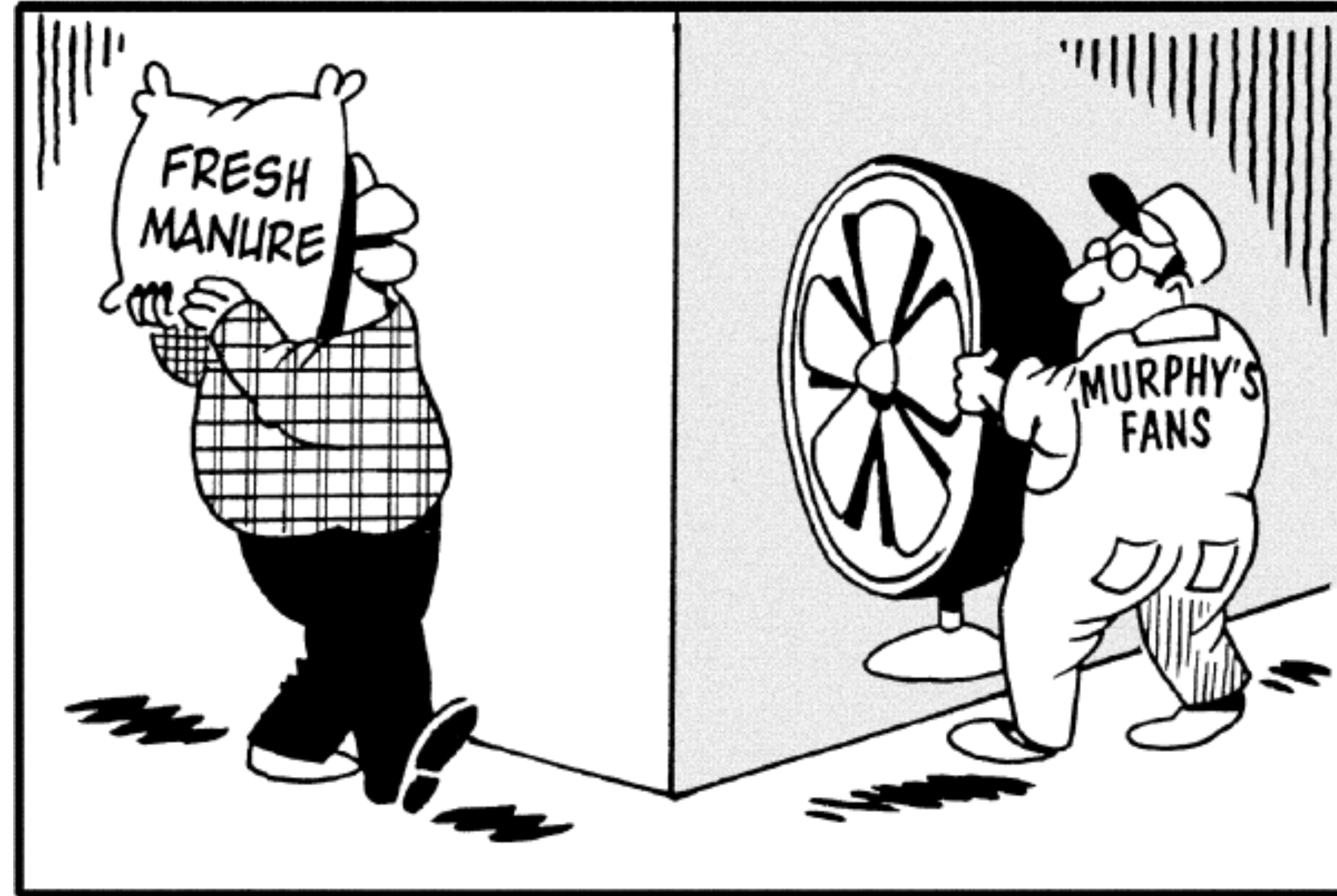




I think I'm going to cop
heaps for this session -
but if you can handle the truth...
...it will set you FREE



What To Do When The S*#t Hits The Fan!





If we stick with the famous analogy...
...most people:

- Didn't see it coming,
- Didn't think it was going to hit,
- Didn't think it would splatter,
- Thought they'd be OK,
- Don't know what to do - so they
- **COMPLAIN** about the smell.



The most common example: is **overwhelm**.



Most of us wonder how it got this bad & get frustrated that there is more to do than there is enough time to even make a list of what there is to do.

We see no realistic solutions.

We can only see the disasters that will befall us if we stop going at rocket speed.



Most of our **time is wasted** running in ever decreasing circles between competing priorities - any time management skills we originally had - **totally vanish.**



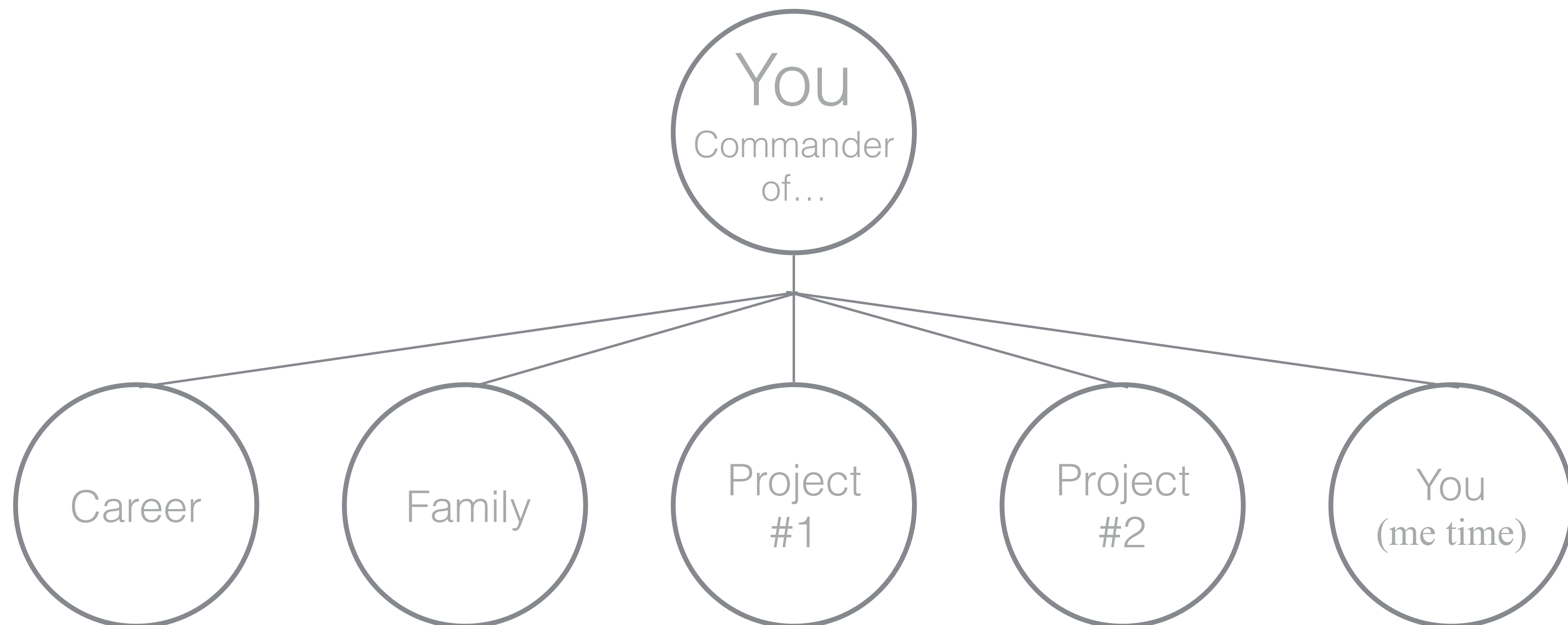
The only solution is that we have to be honest & admit that...

ITS UNSUSTAINABLE.



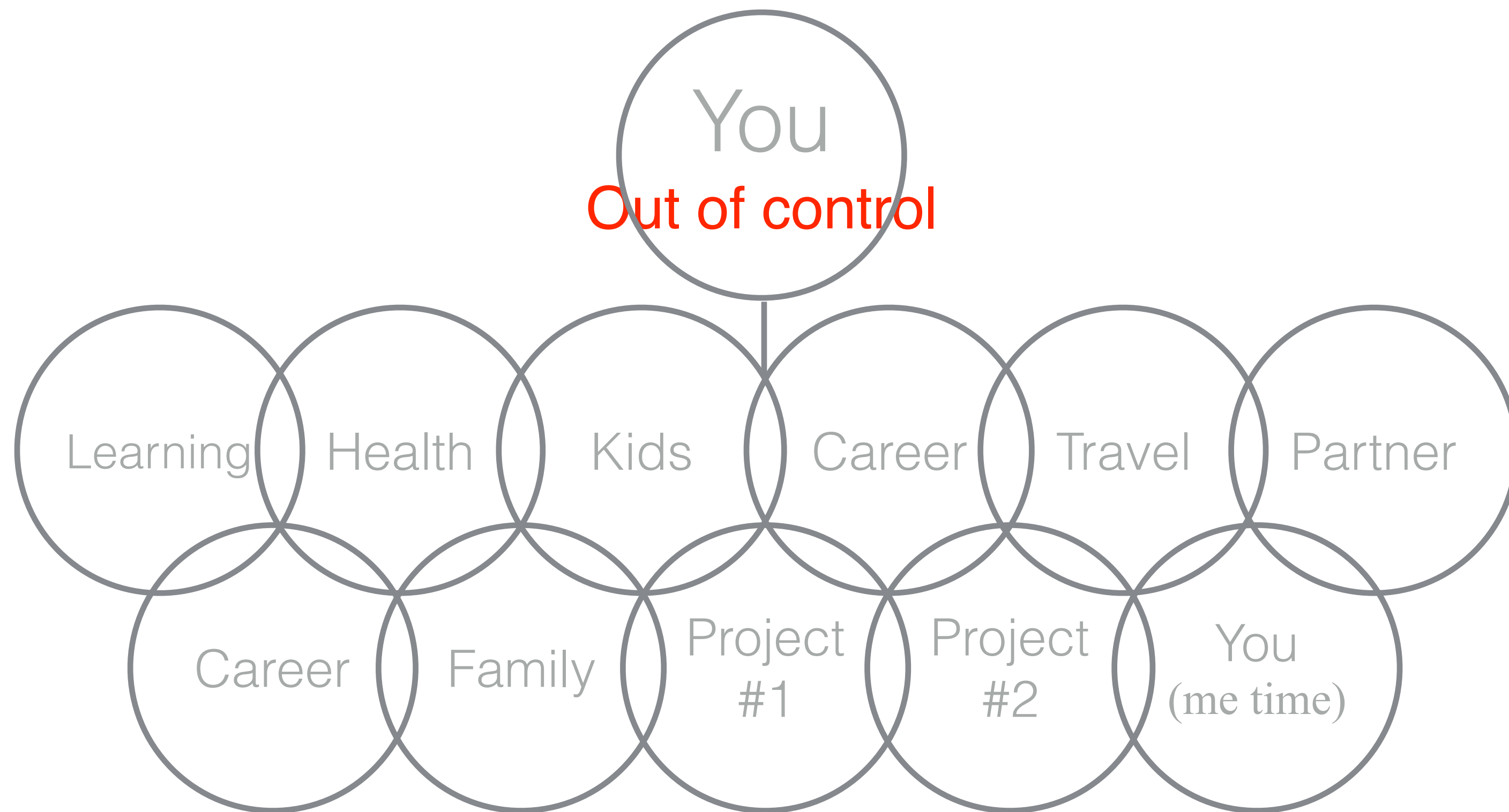
In the military they recognise that more than **FIVE competing priorities** will cost lives and simultaneously lose battles.

(they won't allow you to be too busy to meet your commitments)





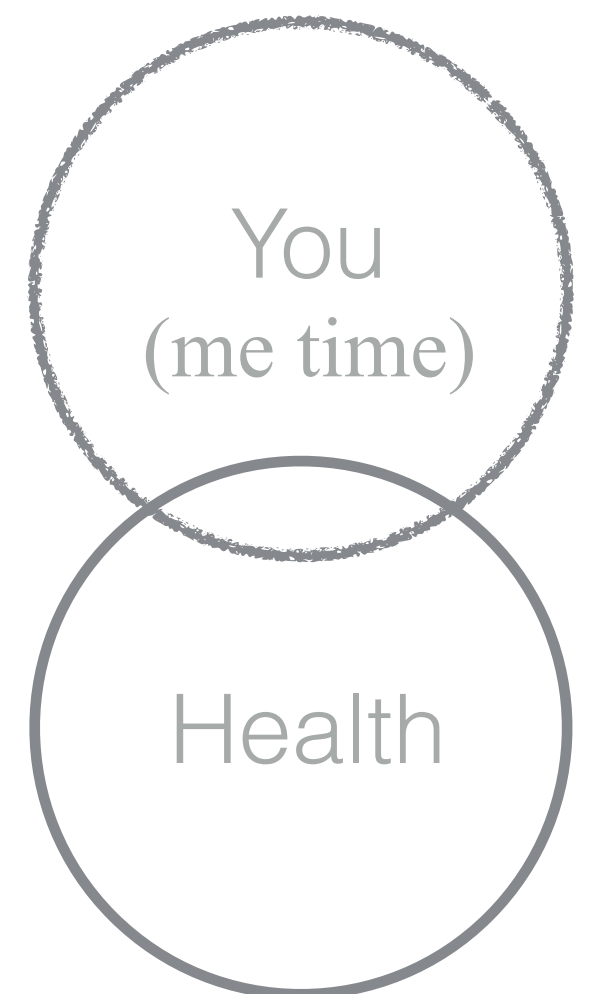
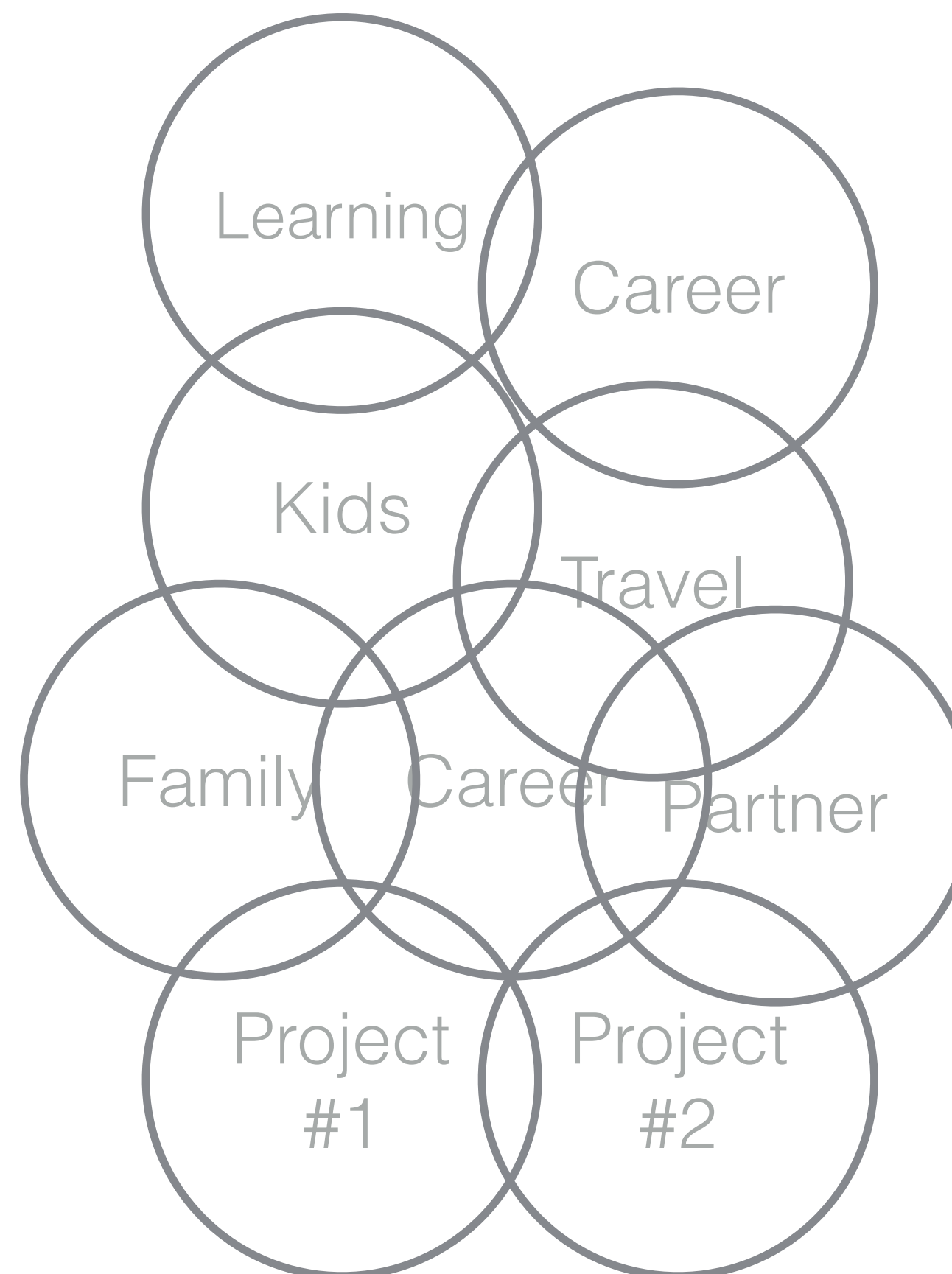
It was always going to hit the fan.
You didn't see it coming because you
refused to look.
Then you scream...
“What about me?!?!?”





As pressure goes up...
...intelligence goes down.

We drop ever more deeply into our story.



Hero's get more heroic
Princesses get more helpless
Martyrs get more persecuted

We actually try to manage our lives by
reverting to the worst version of ourselves.

Rarely do we ask how we created
the mess in the first place.

If we were to ask that question....





We'd understand what others do by observation.

Bank managers see so many business owners in trouble that they realise 90% of business ideas are never going to work.

Teachers see so many irresponsible kids that they teach their own kids to survive.

Doctors see so many dead motorcycle riders that they stay off bikes.



Coaches see too many people who are too busy to ever consider it to be viable for themselves.

Yet most clients want the coach to help them handle it all - **and BTW, fit some more in.**

Time management boils down to **your ability**
(willingness)

to say **NO** to others and **YES** to yourself.



Lets look at the formula...



After the cull...

What do you have to do to get your mind
into shape to be at maximum output?
DO WHATEVER THAT IS FIRST.

Then...

What's the next most important project?
(What will get me the furthest ahead?)

DO WHATEVER THAT IS SECOND.

Then...

What's the next most important project?
DO WHATEVER THAT IS THIRD.


Where are the breaks that refresh & revitalise?????



Refer to the session on
Personal Success Routine.



If you don't design & implement
one you are assuming that you are
bigger than life and everything in it.



Personal Success
Routine

START EP

This is about personal power.

It's a win or lose game & there is no second place.



<i>1</i>	Find out what your story is.
<i>2</i>	Implement the cull.
<i>3</i>	Design & implement your Personal Success Routine.