When Everything Feels Like Too Much

Finding Perspective in the Overwhelm

Encouragementology®
the practice of instilling hope

DAY 1: Noticing the Noise

What has been filling your mind lately that is making everything feel like too much?

- What specific thoughts or situations keep repeating in your mind?
- Are these things connected or just happening at the same time?
- Which one feels the loudest right now and why?

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DAY 2: Separating the Pieces

If you could lay everything out in front of you, what would you begin to notice when each concern stands on its own?

- What actually needs your attention today?
- What can wait, even if it feels urgent?
- What might not be yours to carry at all?

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DAY 3: Urgent vs Important

When everything feels pressing, how can you begin to tell the difference between what feels urgent and what truly matters?

- What feels urgent right now and why?
- Which of those things are actually important long term?
- What might shift if you focused on importance instead of urgency?

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DAY 4: Lightening the Load

What are you currently carrying that may not be aligned with who you are or where you are going?

- Where might you be overcommitting or saying yes too quickly?
- What expectations are you holding that may not be necessary?
- What would it feel like to release even one of those things?

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DAY 5: Rebalancing Your Perspective

Even in the middle of stress, what is still steady, supportive, or going right in your life?

- What is working well that you may be overlooking?
- Who or what brings you a sense of support or stability?
- What are you grateful for that deserves more of your attention?

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REFLECTION

As you look back over everything you explored, what perspective shift feels most meaningful for you right now?

- What have you been holding that you can begin to set down?
- What deserves your attention moving forward and what does not?
- What is one small step you can take to move forward with more clarity and calm?