

The Overwhelm Reset Starter Pack

A simple toolkit to clear your mind, reset your focus, and take the next small step.



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Welcome

If you're feeling overwhelmed, you're not alone.

Life can pile up quickly, and sometimes it feels like our minds are carrying too much at once.

This simple reset system will help you pause, clear the mental clutter, and focus on the next small step forward.

How to Use This Starter Pack

- Brain Dump – empty your mind
- Overwhelm Filter – focus on what matters
- Tiny Step Planner – break tasks into small steps
- Energy Reset – check your energy
- Reflection Page – reset your mindset



Clear Your Mind

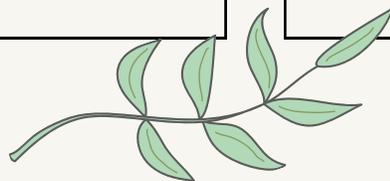
Write down everything on your mind.
Don't organize it. Just get it out.

Things on my mind

Things I need to do

Things I'm worried about

Random thoughts / ideas



What Actually Matters Right Now

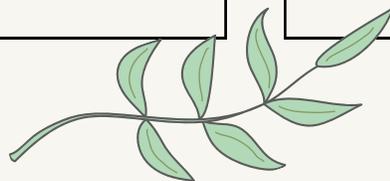
Sort your thoughts into these simple sections

Must do soon

Should do

Can Wait

Not actually important



One Small Step

Big tasks feel overwhelming. Break them into the smallest possible steps

Big Task: _____

Break it into smaller steps

1. _____
2. _____
3. _____
4. _____
5. _____



Check Your Energy

What is draining my energy?

What helps restore my energy?

One gentle thing I can do today.



Reflection Page

Progress doesn't require perfection.

What is weighing on me right now?

What actually matters today?

What can wait?

**What would make today a small
win?**

