

SPECIAL REPORT

The Cure for Overwhelm

“How I used a simple formula to get out of the paralysis of overwhelm and completely change the trajectory of my life...”

... And how YOU can do it too.”

By Kristen Howe

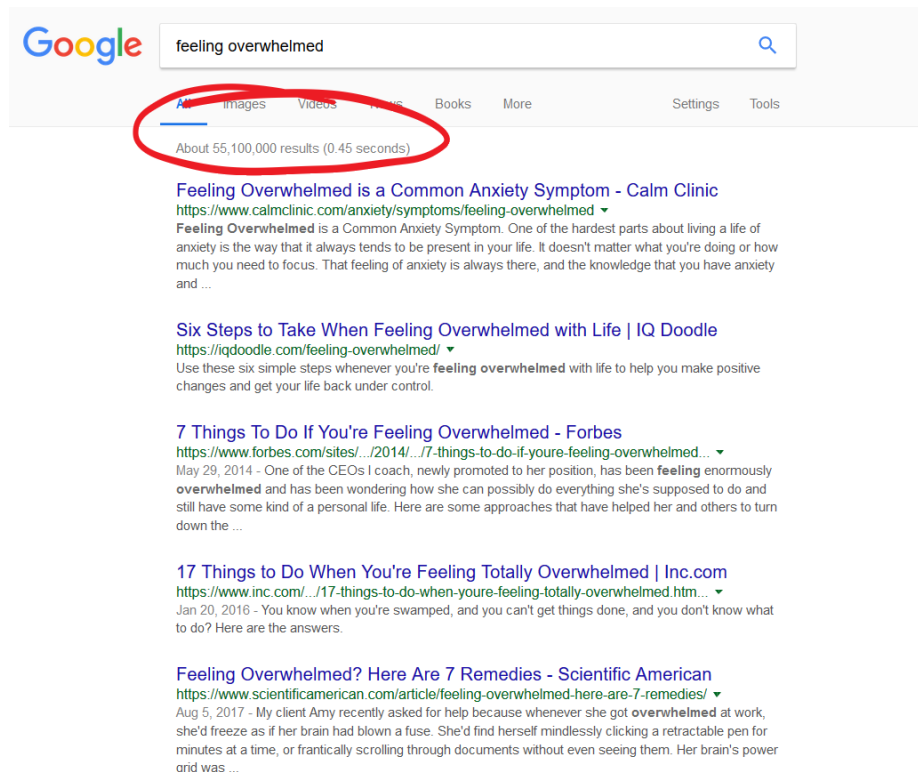
<http://www.gobigcoach.com/freeoverwhelmtraining>

5 Quick Steps to CURE Overwhelm and Get into MASSIVE MOMENTUM in Minutes

Overwhelm is a BIG problem – I mean a HUGE problem. The paralysis and crisis of confidence that overwhelm causes comes at way too high of a cost to people in all situations; entrepreneurs, students, parents – everywhere you look mass amounts of people are living under the burden of overwhelm and it is crippling us.

Check this out...

I went to Google and typed “Feeling Overwhelmed” into the search bar and there were over 55 million results. 55 MILLION! That’s enough proof for me that being overwhelmed is an epidemic in our world of non-stop access and stimulus.



The image is a screenshot of a Google search results page for the query "feeling overwhelmed". The search bar at the top contains the text "feeling overwhelmed" and a magnifying glass icon. Below the search bar, the navigation tabs include "All", "Images", "Videos", "Maps", "Books", "More", "Settings", and "Tools". The "All" tab is selected and highlighted with a red circle. Below the navigation tabs, the search results are displayed. The first result is "Feeling Overwhelmed is a Common Anxiety Symptom - Calm Clinic" with a URL starting with "https://www.calmclinic.com/anxiety/symptoms/feeling-overwhelmed". The second result is "Six Steps to Take When Feeling Overwhelmed with Life | IQ Doodle" with a URL starting with "https://iqdoodle.com/feeling-overwhelmed/". The third result is "7 Things To Do If You're Feeling Overwhelmed - Forbes" with a URL starting with "https://www.forbes.com/sites/.../2014/.../7-things-to-do-if-youre-feeling-overwhelmed...". The fourth result is "17 Things to Do When You're Feeling Totally Overwhelmed | Inc.com" with a URL starting with "https://www.inc.com/.../17-things-to-do-when-youre-feeling-totally-overwhelmed.htm...". The fifth result is "Feeling Overwhelmed? Here Are 7 Remedies - Scientific American" with a URL starting with "https://www.scientificamerican.com/article/feeling-overwhelmed-here-are-7-remedies/". The text "About 55,100,000 results (0.45 seconds)" is visible below the navigation tabs.

The problem is crystal clear, overwhelm is robbing us of joy, keeping us stuck in procrastination, doubt and worry, and causing so many health problems that you could argue - it's *literally* killing us.

What's Causing the Overwhelm Epidemic?

For the first time in the history of mankind, we are living in 24 hours, 7 days a week bombardment of information and access. You'd think information and access at our fingertips would be a great thing and in some ways, it is. (Remember when you used to have to wait to get cash on Monday when the bank opened or when you'd have to spend hours and hours combing through resources at the library for specific information?) Luckily, we're free from all that waiting and effort...

The flipside of this 100% access is also doing damage and sending us spinning.

The 3 BIG Culprits Causing You Overwhelm...

Culprit #1 - NO BOUNDARIES: We are ALWAYS in reach, for a call, text or email so it becomes almost impossible to keep your focus and stay on track without at least one person pulling you in a different direction.

Culprit #2 - RIDICULOUS EXPECTATIONS: Because we can always be "on" and "tuned in" we are expected by others (and ourselves) to make things happen in record time without skipping a beat. We split our focus and "multi-task" (trying to

close a big deal while taking your dog out on his walk which most often leaves the dog without enough exercise and the deal unclosed).

Culprit #3 - INFORMATION OVERLOAD: For any desired result, there are many roads that can get you there (and many of them will contradict each other even if they all do work). The problem is, we have access to so much information, and we see ALL the roads, so our focus gets split and we don't know which road to try. This leads to massive indecision. Or...

We DO pick a road and start, but we don't get very far before we discover a new road that seems easier, so we stop where we are and start over, and we do this again and again, always tempted by the thing that claims to be NEW, better or easier.

Now, if you're like most folks once you're in a state of overwhelm...

There's an Even BIGGER Problem.

Because, trying to figure out HOW to get out of overwhelm is, you guessed it ... OVERWHELMING.

If you search "systems to get out of overwhelm" you're looking at over 2 million results. Then you have to choose which system you want to try and set aside time to "learn the system" because let's face it, most of them are complicated and require a ton of time and focus that you don't have because you're stretched to your max already.

The result?

For most folks, trying to get out of overwhelm digs the hole even deeper until you finally just accept it as your way of life. Which is NOT COOL (did I mention that the stress overwhelm causes can have massive health implications – anywhere from hives and auto-immune diseases to heart attacks?)

“The stress overwhelm causes can have massive health implications...”

Accepting this as “how it is” is not an option, you know you can’t afford to live in overwhelm any longer but trying to get out seems impossible. I’ve been there, and it sucks. But there is light at the end of the tunnel...

Despite the “Overwhelm Epidemic” that is impacting so many, some people are taking more inspired action and living in more time freedom while experiencing higher levels of success and joy than ever before.

No matter how long you’ve been stuck and spinning, no matter how bad the condition your life is in, YOU CAN get laser-like focus and unstoppable momentum...using the simple and incredibly effective techniques I’ll be sharing with you in this report.

Imagine what your life would look like if you knew exactly what you needed to do to get the results you want, if you knew how to do it AND if you had more than enough time to do it...with time left over to enjoy the rest of your life.

That's exactly what happened to me when I took my "out of control", overwhelmed, "cash poor" life and finally started "calling the shots" and went from having \$314.06 in my business checking account to \$10,318.70 in just 12 short weeks.

And this isn't just about money, my time freed up, so I could do things I hadn't had time for just 12 weeks earlier. I started going on adventure days and spending real, quality time with my friends and loved ones. And honestly, the biggest difference was how happy I felt, because deep down, that's what we're all searching for anyway. Right?!

Here's the truth, in this day and age of constant input and thousands of things pulling at you at all times, it's obvious that the rules of "survival of the fittest" have changed and

"It's obvious that the rules of survival have changed. And it's going to be the folks who figure out how to cure overwhelm and free themselves from the frustration and fatigue that comes with it who are going to thrive..."

it's going to be the folks who figure out how to cure overwhelm and free themselves from the frustration and fatigue that comes with it who are going to thrive and have the most success with actual, soul tickling, "excited to be alive" happiness.

What would your life be like if you became one of the folks who is thriving instead of surviving?

Here are the 5 steps you can start using immediately...

The Cure for Overwhelm: What Most People Won't Do (Even though it's surprisingly simple)

Controlling Your FOCUS is the Cure for Overwhelm

There, I said it and I'll say it again...

Controlling your focus IS the cure for overwhelm.

Even though this is true, most people won't do it because they're attached to their "victim mentality" that tells them they can't control what they focus on because other people need this thing from them, and the world did that thing to them, and they spiral downward further and further into overwhelm and defeat.

If those people only knew what you're about to find out - that controlling your focus is surprisingly SIMPLE, because you just need to do ONE THING.

I've been doing this since 2002, and the ONE thing I've come to know as true, the ONE surefire path to happiness, fulfillment, wealth, health AND everything else you desire is to learn how to consistently take the right small steps that are aligned with your greatest vision. Period.

The "need to fix everything overnight" mentality is where most people get completely stuck. Avoiding the small steps and only trying to take big massive steps is what cripples you in overwhelm because 90% of the time, big steps are overwhelming because they feel so far away and it feels impossible to get there.

Not to mention how much pressure it adds if you feel like every step you take must be life changingly huge. YIKES! That's a recipe for overwhelm right there. That's not the way you want to go (and if that's how you've been living so far, don't worry, I've got your back – I've been there and finally found a way to send overwhelm packing. It's a reliable formula I developed for myself and ultimately shared with my clients with great results.)

So let's jump into how the 5 Step Momentum Formula works so you can start using it immediately. I'll give you the overview and then we'll deep dive into each step.

Overview: The “MOMENTUM FORMULA”

Step 1: BIG VISION

You MUST have a big ultimate vision that excites you. BUT there's a way to do this without falling into the overwhelm that most people experience – and we'll talk about that in the deep dive.

Step 2: INNER SELF

This is where we identify where you currently are energetically and how that is creating your reality and potentially putting a ceiling on your success, happiness and expansion.

Step 3: ENERGETIC ALIGNMENT

You'll find this is dramatically different than most approaches you've probably tried because it doesn't require you to do some of the painful digging into negative beliefs and patterns you've probably done in the past – and it makes ALL the difference.

Step 4: SMALL ALIGNED ACTION

This is critical, very few people ever do this, most people are scared of it and it can really contribute to the BIGNESS you can ultimately create. – This is how you surpass your original “goals” by miles.

Step 5: CELEBRATE

To be blunt most people skip this completely or think they'll do it later “when they achieve something BIG” which causes most of the stalled momentum you experience.

This Entire Formula is Based on Questions.

Why?

Because when you communicate with yourself through questions – (asking yourself instead of telling) you open the door to limitless possibilities.

Again, WHY?

There are two reasons actually...

First, asking specific questions makes sure you choose what YOU want instead of choosing a life that someone else thinks you “should” have...

Second, and this is so simple – when you ask questions you instantly activate complete potential – in other words, questions automatically give you a ton of options...

I’m obsessed with using questions with my own life and the life of every person I work with because THEY WORK – and here’s why questions are one of the most powerful tools you can use...

You Can’t Ignore a Question!

“When you ask questions you instantly activate complete potential.”

It’s impossible, we’re not wired that way – when someone asks us a question we can choose not to answer it, but we can’t ignore it.

Let’s say someone asks you how much money you make, or how you feel about a certain political viewpoint or something else that makes you uncomfortable, and you tell them that you will NOT answer their question...

What happens in your mind anyway?

You still answer the question in your mind **because you can’t ignore a question**. What an incredible force to harness – something that can’t be ignored! And we’re going to put this to work in your favor!

Listen, if you're feeling stuck right now and like you have no momentum and you don't know what you want – this formula is going to rock for you!

Just using this one strategy in my life created one project seemingly out of thin air that was in alignment with my life purpose and brought in over 1 million dollars.

Now that you understand why *Power Questions* work so incredibly well, let's deep dive into the 5 steps...

Deep Dive: The “MOMENTUM FORMULA”

Step 1: BIG VISION

Having a BIG vision is vital. And it needs to excite you beyond measure. I had a client say to me once – “I'm so excited about this my feet are sweating!” (that was a good thing by the way).

So, how do you discover what excites you if you're feeling overwhelmed, blocked and stuck?

First you suspend your disbelief and your intense desire to figure out HOW you're going to get to your BIG vision and give yourself some FUN, “If anything is possible...” time.

Do this using *Power Questions* that all start with “If anything is possible...”
Here are some great questions for you to use...

“If anything is possible...”

- **WHAT** do I want?
- **WHY** do I want It?
- **WHO** do I want to be in this experience?
- **WHAT** kind of person do I want to be?
- **HOW** do I want my life to feel?

QUICK TIP: Most people want joy, success and fulfillment but those are general answers, if you really want this exercise to work for you, GET SPECIFIC!

This isn't just about STUFF...

Possessions, money and achievements are all great ONLY if your true self is expanded and joyful. This will ONLY work if you get deep about HOW you want to feel, WHY this is important to you – ALL of the ways your life will be positively impacted, AND all the ways others' lives will be positively impacted.

Every single reason WHY matters. Because claiming your greatest vision that is BOTH fulfilling inside and outside is good for the entire world.

How much better would this world be if more people were choosing what made them happy and fulfilled?

Your big vision isn't a luxury – it is a MUST for you and the world. It is your birthright. And what that BIG vision is – there isn't a right or wrong – what it is for you will be different than what it is for me or for that guy over there. What matters is that it resonates with your *inner truth*.

“Your BIG Vision is a MUST – it's a gift you give the entire world!”

Remember this will ONLY work if you suspend your disbelief AND forget about HOW you are going to get there.

Here's why this first step is important...

If you don't have something that's big enough to get you excited – I mean really excited – at your core – then you will settle, no question about it.

Now that's not a reason to freak out – even if you've been stuck for years and feel like you have no idea what excites you. I have NEVER met someone who doesn't have it in them. Truly there is not a single person I've worked with (even a few who seemed hopeless) that when they came in ready to discover what excites them (and YES they were terrified) we ALWAYS were able to excavate what really made them tick – every single time. And the only way you can discover what gets you that excited is by coming in READY and not trying to figure out HOW right now. We'll get to the how later (it just isn't time for it yet).

Step 2: INNER SELF

You just discovered your BIG Vision. This step is about where you are vibrating energetically right at this moment.

This isn't about judgment, because even if where you are right now is at your lowest, that can change - easily, I know it can because it changed for me and I've seen it change for SO many others, but it won't change until you get honest about where you are and refuse to judge yourself for it. Judgement is how we stay stuck – and you don't want to be stuck or you wouldn't be here – so good for you!

Your beliefs and feelings determine what energy you are sending out. And the energy you are broadcasting determines what you allow yourself to perceive AND receive.

What You Broadcast Will Always be Mirrored by What You Receive.

In other words, all the inner stuff you have going on right now is exactly what is informing and creating what you are currently experiencing as reality.

We have to take your current energetic temperature to see how aligned you are with your BIG Vision. And to do that – we're going to use this *Power Question*...

“When I look at and think about my BIG Vision, how does it make me feel?”

Did you answer...

Hopeful?

Excited?

Frustrated?

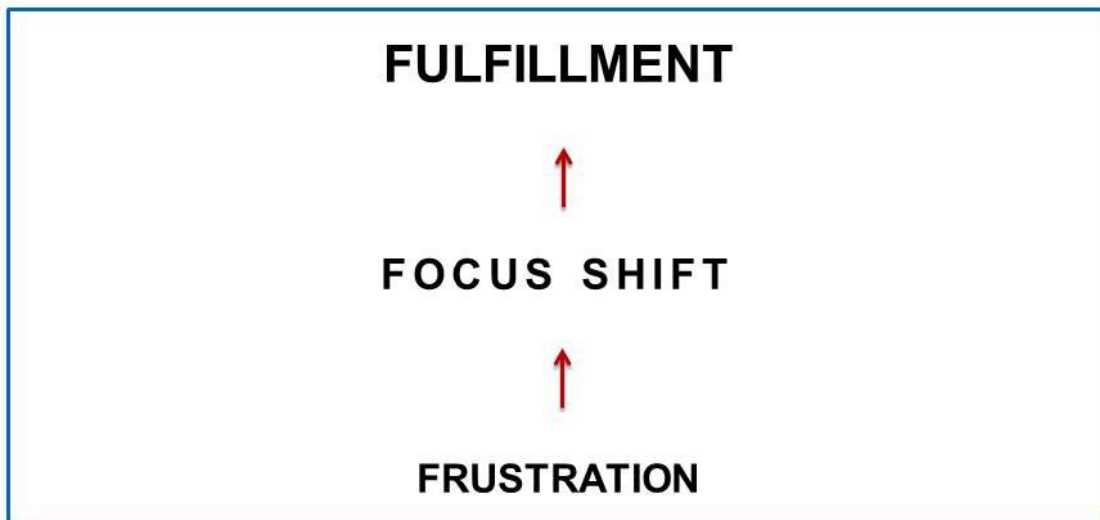
Defeated before you even start?

You probably have different feelings depending on the moment.

In other words, you aren't always energetically aligned. And that's okay – you know why? Because you're human. Let me help you with this...

I'm going to share a great tool with you because it holds an extremely powerful key to shifting your energy and getting in alignment...

The Sliding Scale of Success:



The key to moving from the frustration side of the spectrum to the fulfillment side is ALWAYS a simple and small shift in focus.

Whenever you catch yourself on the low energy side of the scale about your vision (whether it's frustration or any other negative energy) it only takes ONE shift of focus to move to the high energy side of the scale.

I've never seen this fail!

You'll do this in a VERY specific way...

The fastest way to shift from the low vibration side of the scale to the high vibration side is to take your focus and put it ONLY on the NEXT SMALLEST THING YOU CAN DO that is in alignment with your vision.

In other words shift from trying to get the largest results at all times to one small result now. When you get this and understand how to do it – it works every time.

Step 3: ENERGETIC ALIGNMENT

You MUST be in energetic alignment with your vision to first perceive it and then receive it.

So once again, let's suspend our disbelief and play with some *Power Questions* that focus on who you have to BE to live in energetic alignment with your BIG vision.

“If you were living your BIG VISION right now...”

- What would you believe?
- How would you feel about your life?
- How would you handle victories?
- How would you handle setbacks?

- How would you treat other people?
- How would you treat yourself?

Quick Tip: Come up with more *Power Questions* that really help you get into WHO you must be to live your extraordinary BIG life.

Notice you aren't asking questions like "what limiting belief do I have that is keeping me stuck" the reason is because questions like that engage your limiting beliefs and keep you focused on being STUCK.

"Don't engage with your limiting beliefs and instead shift your FOCUS to the smallest step that is in alignment with who you have to be to live the life you want to live."

The Truth About Limiting Beliefs

You don't need to dig them up, that just delays your expansion and re-affirms whatever limiting

stories you are telling yourself. Sometimes a limiting belief will become clear and that's okay, however your engagement (or really lack of engagement with it shouldn't change).

Don't Look in the Eyes!

One of my favorite things to say with my one-on-one clients is "Don't look it in the eyes" – meaning don't engage with struggle and limiting beliefs.

Think about it this way, have you ever seen someone, and you've just known with every cell of your being that they were looking for trouble? Do you run up and

look them straight in the eyes and engage with them? NO, I'm willing to bet you do your best to avoid looking them in the eyes and get out of there quickly. This is the exact same principle. Don't look limiting beliefs and struggle in the eyes – don't engage! So, what do you do instead?

Remember the sliding scale of success!

Shift your FOCUS to the next smallest step that is in alignment with who you have to be to live the life you want to live.

When you get off track (which you will because you're human) ask yourself "Who do I have to be?" and "What's one small way I can BE that person NOW?"

Alignment Tools To Help You Stay On Track

It's important that you have some alignment tools because they help you stay on track – some of those tools can be:

- Listen to inspiring audios.
- Read motivating books.
- Connect with nature.
- Use conscious alignment exercises like gratitude boosts.
- Engage with a group of like-minded, like-energy people.

Quick Tip: Knowing how you get back on track when you fall out of alignment is VITAL – so make a list of your Alignment Tools and start using them ASAP!

Once you are in alignment AND ONLY WHEN YOU ARE IN ALIGNMENT, then it is time for the next step...

Step 4: SMALL ALIGNED ACTION

Small actions remove overwhelm and defeat.

Here's why this works – chances are good that you aren't 100% energetically aligned at all times with your BIG vision (that's a tall order). You are excited about it in concept, but when you dive into thinking about HOW you are going to get there it starts to feel overwhelming OR impossible OR like it's going to take forever. All that is, is your energy falling out of alignment. It's simply you temporarily taking a visit down to the lower energy side of the sliding scale of success.

And don't worry – as long as you're excited about your BIG vision in concept and it feels like a great fit for you, we can get you aligned AND moving forward by starting with the small steps, because small steps lead to your BIG vision.

“Small actions remove overwhelm and defeat and create MASSIVE POSITIVE MOMENTUM.”

Small steps stretch (but don't shatter) your comfort zone.

It is much easier to align with small steps and move steadily toward your BIG vision than it is to sit in fear and overwhelm and try to align yourself when you're in a negative and defeated state.

THIS is what creates your MASSIVE POSITIVE MOMENTUM!

Your new mantra is “What’s the next smallest step?”

And obviously you’re looking for the next smallest step that is congruent with your vision. So if some small step is taking you off track, that’s not what we’re looking for.

You want the next SMALLEST step that intuitively feels like it is on the path toward your vision. And then when you take that smallest step, what do you do?

Rinse and Repeat!!!

This is personal...

I resisted this approach for years because I thought if I kept taking the smallest step, the journey would take too long. And I was SO wrong – because as long as I was trying to change my world in massive steps every day, I was stuck in procrastination and fear and overwhelm.

That approach was exciting in concept (almost like a drug because it made me feel like things could happen overnight) but it was leading me nowhere.

It really was a “never gonna happen” situation.

BUT, when I finally dropped my resistance and committed to the “next smallest step” mantra, I started to gain momentum. And then suddenly I was taking small steps that at one time would have seemed impossible and now they felt natural. And my momentum built and my life completely transformed and obviously that’s why this became my personal way of life and the backbone for everything I teach amazing folks like you to do. Because it works like crazy!

Now, the last piece of this formula is one that most people skip and I suggest you don't because it's the special sauce to the whole thing...

Step 5: CELEBRATION

People skip this step and it costs them. They think *"when I get this big thing or that big thing I'll celebrate"* and by doing that, they are killing their momentum. Your life is happening NOW and ALL of the wins matter.

Every moment has something to celebrate.

Let me ask you this – if you take the next smallest step successfully and ignore that you did it, do you think you will create more or less momentum than if you take the next smallest step and celebrate it?

- Celebration reminds you of your small wins and encourages you.
- Celebration also makes your life NOW much more fun and enjoyable.
- Celebration is like a snowball rolling down a mountain, it creates and builds momentum constantly.

Just doing this one thing (adding celebration into my life) created 100% more joy in my life INSTANTLY.

That's it, those are the 5 Simple Steps to Cure Overwhelm and Create Massive Momentum in Minutes!

Now, you just read this whole report, you know how the momentum formula works to cure overwhelm and pave a certain path to success, joy and fulfillment. So, let me ask you an important question...

***What Do You Think Your Life Would Look Like If You Actually
Did The Stuff We Talked About Today?***

**Would you like to join me for a FREE “Cure Overwhelm”
training so you can get this formula working for you quickly?**

I've put together a special in-depth training where I personally walk you through the entire momentum training formula in detail, so you can *instantly* start using it in your life to get out of overwhelm and into massive, positive momentum.

You can expect to feel the burden of overwhelm lifting right there during the training. And like I said, I want to give this bonus training to you for FREE - no strings attached, I like to over-deliver so you feel good about us building a long-term relationship that really helps you...

Here's your link for instant access to the FREE training:

www.gobigcoach.com/freeoverwhelmtraining