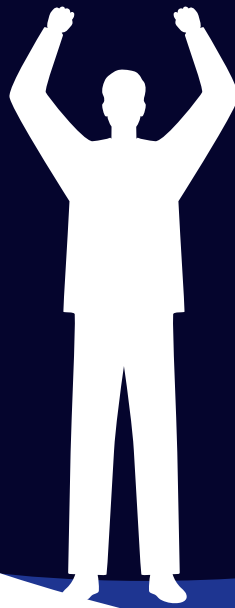




STEVE BURGESS

PLAN > EXECUTE > REVIEW > REPEAT

OVERWHELM TO OVERDRIVE



www.steveburgess.com

Overwhelm to Overdrive!

Do you work hard but feel like you're getting nowhere?

As you start to get on top, does something always seem to knock you back?

Are you spinning so many plates but feel like it's just never enough?

Do you feel overwhelmed with the thought of balancing Life & Business in your daily life?

As a father, husband, business owner and man looking to make progress and create a kick arse lifestyle for himself and his family, the reality is that you're going to feel these things at some point – if not on a regular basis.

These feelings are NORMAL – it's how you RESPOND when you feel this way that makes the difference to whether you achieve the desired outcome or not.

Does this sound familiar?

We can all feel overwhelmed for many many reasons, and they are all unique to us as individuals. The reality is you can seek support and guidance, join a coaching programme or get direct support from a coach/mentor, but it is something you need to process and deal with from your own angle, in my opinion. Changing these feelings is 100% within your control. To understand how you deal with the feeling of overwhelm, I think it is essential to understand why you feel this way in the first place.



What are the causes of OVERWHELM?

- **Expectation of yourself & comparison to others**

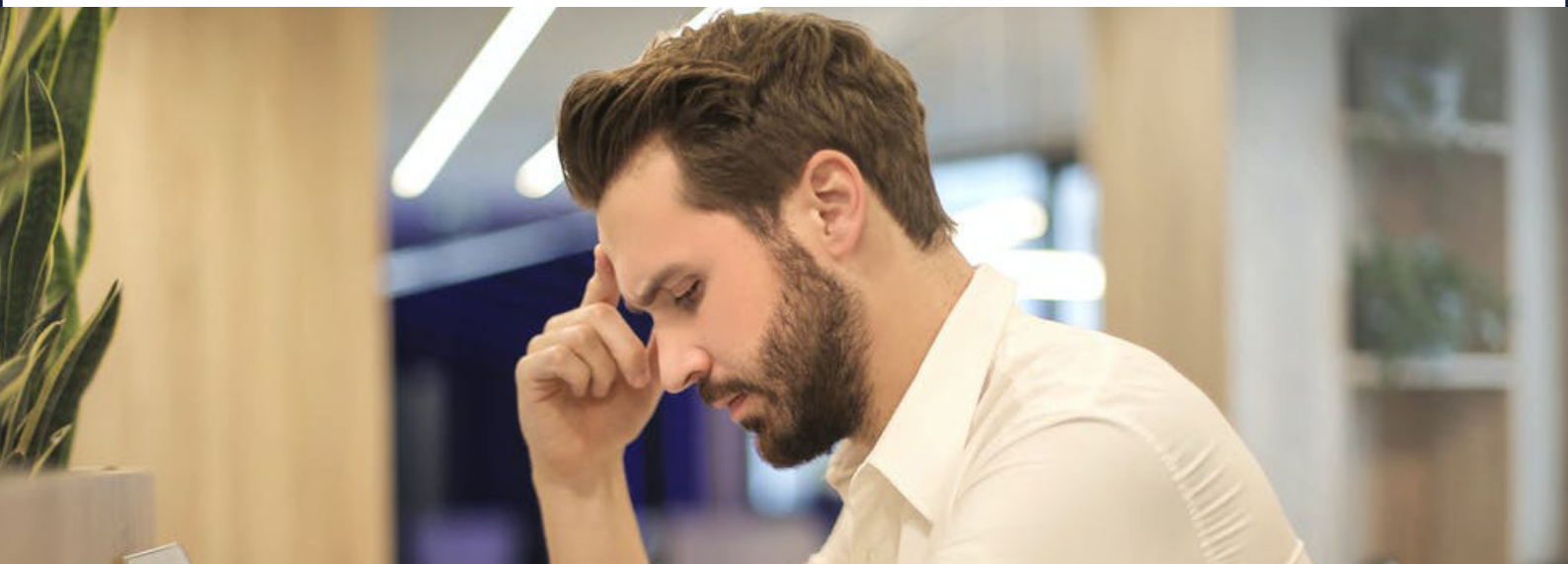
Are you comparing yourself to your peer group and the wonder that is Social Media? Was your family able to provide for you, but you feel you can't for yours or yourself? Do you feel like you are letting others down as well as yourself? Do you think that you are the last in your peer group to be "successful"; they all seem to have "cracked it". How do I compete with that? Maybe you're thinking my life isn't too great – Can I even do this?

Do any of these relate to you? Maybe you relate to the majority of them. I know I did!

Personally, I shed many tears while thinking like this. Like you, I just wanted to get this right and be the person I knew I could be! Thinking this way never served me and it never supported me to make progress. It just held me back and made things worse. So if this is you....STOP doing this to yourself and lets work on this TOGETHER.

- **The unknown size of the task ahead and what is required to achieve it.**

You may know what you want to get out of a project or even know what you need to change in your current situation BUT how are you going to do it and exactly who do you need to become to do it? Who do you need to meet? What skills do you need to learn? Where do you start? Who do you need to become? What do you need to start doing? What do you need to stop doing? Not knowing these things with clarity can be a real problem and lead to fear, inaction, anxiety and OVERWHELM before you've even started. TRUST ME!



- **Financial, Physical & Emotional changes.**

Ok, so life is going to change for you – FACT! Your aim is to change the situation you are in for the better for everyone involved, right? As much as I understand how someone may worry about what could go wrong (it is useful to always consider the downside to anything), it is essential to focus on what could go RIGHT! Don't convince yourself it's not worth trying before you have even stepped up to the mark. Overwhelm will paralyse you into inaction.

If you focus so much on what you could lose, you'll NEVER put the right amount of energy and focus into doing the work towards what you could gain. Let me say that again... If you focus so much on what you could lose, you'll NEVER put the right amount of energy and focus into doing the work towards what you could gain.

Use this simple RADAR Model to deal with the feelings of overwhelm and to give yourself the best chance possible of WINNING.

- **R - Recognise that overwhelm isn't real**

Feeling overwhelmed is not a physical attack on you, it's mental and it's all within your control. Simply put it is fear. In our case, a fear of either what could go right and well for us (sounds nuts, but it's true) or a fear things will get worse, and we can't cope with it. Once you recognise this and put into place a plan and take steps to prepare for this in advance, I guarantee this fear and feeling of overwhelm will subside and you will start to enjoy the greatest gift that is coming your way. It may help you to write down your fears or why you feel overwhelmed. Don't hold back, just write write write. Once you've done this and cleared some valuable mind space, you will soon see that what you have been feeling overwhelmed or fearful of is new to you but is a very common. You'll very likely discount many things that held you back and then not only provide a solution but also realise many people have dealt with this and are dealing with this very situation right now. You will get through this!



- **A - Accept the fact you'll never catch up.**

Success, personal development, business development, changing your life... is an ever evolving journey of many stages. Learn to embrace this journey. This applies to everyone. The journey of success is one that as you start to feel comfortable with one stage, up pops another stage. The key is to understanding there will be constant evolvment as you make progress and you must accept that the journey will never stand still, so just go with the flow.

Top Tip: If you feel comfortable at any point during this process, you're probably not stretching yourself. Go BIGGER!

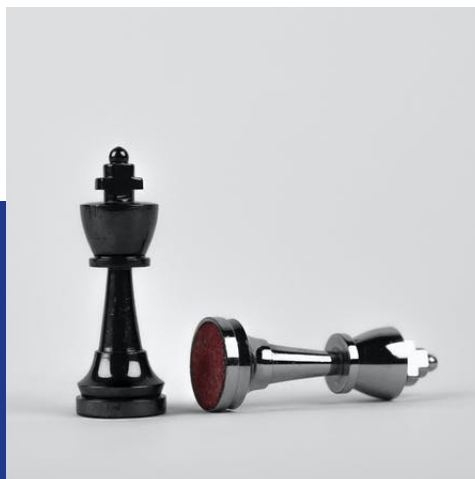
- **D – Don't think too much, just embraces making new choices and learning new skills.**

Life is constantly changing. It has changed from your infant and teenage years and will continue to change. Your choices will need to change, accept this and things get easier. From the very time you DECIDE you want more, your choices will change. When this is accepted, and you see the value in these new choices you have to make, the overwhelm is calmed, and you begin to enjoy the new adventures ahead.

- **A - Always make sure you are present. Stop Living in the Future - What's here and now?**

Although being present or being in the now is no.4 I rank this very highly when dealing with overwhelm. Embarking on a journey of getting you and yours out of your current situation doesn't necessarily come with a set of hard and fast rules or an instruction booklet.

Thinking of all the things you "might" get wrong in a few months or beating yourself up about the decision you made last week that didn't quite go to plan is the easiest way to miss the amazing things that are happening right now. In constantly thinking of other things and not being present you end up being nowhere when you are wanted somewhere. Who wins? Nobody!



- **R - Refocus on the task at hand and what you can control.**

This links very nicely with no.4 because changing your situation comes with so many variables you cannot predict what will happen every moment of every day. You can plan a) what will take you closer to your end goal and b) how you will react to what you can't control.

If you go through this simple RADAR model and it becomes a thought process you live and breathe, you'll start to actually thrive in what you do, enjoy the highs and lows and embrace the journey you are on.

Ok, so that's it, we've covered the RADAR model. This is a simple method to eliminating overwhelm. However, I wanted to add one last step that has helped me (I hope that's ok?).

The suggestion of keeping a journal may bring back memories of Adrian Mole (some of the younger readers will not have a clue what I'm talking about) or thoughts of school girls keeping a diary. Scrap that!!!!

What I suggest you do is to write your thoughts down on a daily basis from TODAY! So what do you write? Anything! Write about your feelings, questions that have been on your mind, any issues you may be having, any achievements or milestones.....Just get it writing. You will be surprised how much this helps. Don't stress if you miss a day of completing the journal; it's not meant to create more overwhelm, but enjoy the process of letting frustration, fear, overwhelm just pour out of you. Leaving you to get on with the better things in life!

This simple method has made a real difference to eliminating overwhelm in my own life, so I know you will benefit too.

You now have the tools to recognise overwhelm and take yourself to a position of overdrive.

This is 100% on you and its within your control on a daily basis. That said, we're only human and even the best laid plans, techniques and strategies very often need HELP. Your circle of influence can be a massive help to you on your journey of creating the life and business you desire. Choose these influences wisely is my advice to you.

If you're looking for support, education, motivation and a ready-made circle of influence, hit me up. It's what we do in the WINNERS group and my online group coaching programmes.