



# JOURNAL PROMPTS

FOR WHEN YOU FEEL  
OVERWHELMED

# The “everything” list

**Write down every task that’s on your mind. This is not a to-do list. Sometimes we feel better when we get all the thoughts out of our mind and onto paper. Once you’ve written everything down, circle the most important thing you want to focus on. Circle only one. (You can print this page as many times as you like)**

A series of 25 horizontal dotted lines for writing tasks.



**When we focus on just one thing, our feelings of overwhelm reduce. It helps give us purpose and direction. Once we complete our one thing, it often has a domino effect and we go on to do another thing. It creates momentum where there was none.**

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What can you do to achieve your “one thing”?

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If it's a big task, how can you break it down?



Are there any things you can say “no” to so you can achieve your one thing?

What is stopping you from achieving your one thing? Can you think of ways to overcome this?



What thought patterns or beliefs are contributing to your feelings of overwhelm? Can you think of any evidence to contradict this? E.g. If you believe you are 'lazy' can you think of evidence you are not? Perhaps it's a health condition that makes you less active.  
That's not your fault.

Go back to your 'Everything List' and identify any tasks you can delegate or ask for help with.  
Then identify tasks you can postpone. Write them below.



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Is there anything in your life that you have the power to change so you feel less overwhelmed? E.g. reduce work hours, hire a cleaner, delegate jobs, be less of a perfectionist.

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What boundaries or routines can you set in your life to help lessen the overwhelm?

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