

Productivity and Overwhelm

have you been listening to multiple webinars? Going on multiple courses? Enrolling yourself in so many things that you are a consumer of information and I'm not an action doer or finishing any one thing well....?

I know for me I have consumed a lot of information and I realized when I did a self-assessment that I was also struggling with anxiousness, FOMO which is the fear of missing out, overwhelm, stagnation, getting stuck.

And I realized that the reason that this was occurring is because instead of me focusing on my present and the journey, enjoying that process and learning from it, I want a quick solution.

And every armchair expert as my friend Brian Penso says they giving you tons of advice that they probably aren't even utilizing for themselves. I don't wanna be that person. Somebody who gives you information that I don't do for myself, someone who acts like an armchair expert of so many little things but not and expert on anything.

I also do not want to have this anxious feeling of missing out missing out on what? I tell you what I missing out on is the present moments in the journey. I'm looking at the next thing and not being present with with current.

Here's what I do to get myself present. I want you to try this; I sit or lie still, I take 6 deep breaths, Inhaling calm and exhaling frustration, with every breath I let go of overwhelm, stress, confusion. And I make sure to inhale peace and calm.

Then I look around the room and connect to my environment. I use my 5 senses to notice and see colors, hear sounds, smells, what my hands are touching, can I eat or drink anything. Cup of tea or coffee, etc.

I notice is my office messy. I tidy up. Then I look at all the items I was overwhelmed by and I put them in order of importance.

Pick something that you are very interested in and learn it, you will have time to really learn enjoyed enjoyed the journey of it, and still later if you're interested in some thing else enroll yourself in that. Be productive, by enjoying the process of where you are so that you can actually produce.

Stop joining every webinar, seminar, course, book club, and not being able to complete any of them because you were taking on too many..

I say, what I've come to the realization is, that one thing at a time is valuable, it is enough, you also still have life happening around you..

And even then you have to make a decision on which way you want to consume that information, pick an expert, pick a course, pick a book, one thing you can consume without overwhelming yourself.

For instance, I do a lot of work with my client on my phone how to do connect the mindset, spirit all of it together to flow into the energy that you need for what you are going for.

And I can tell you that I get bombarded with so much information of every guru on mindset and mine flow. I think a few that I like I read the information I keep studying the information I keep honing in on that craft I'm really good at it. I know that I'm going to be even better as I keep practicing and honing in on that skill. But I won't do is what I was doing before which was yes I enroll myself and NLP master course and then I also enrolled myself in personal branding and then I also enrolled myself in toast masters and I also enrolled myself in learning social media and I kept on enrolling myself to the point where I did nothing like a pro, I decided that I will live presently and I will keep learning for the rest of my days.

you need to take your time and consume each thing fully before you consume the next, when you're eating breakfast you don't consume breakfast in"and right during eating your breakfast are you preparing or eating your lunch and while you are preparing and eating your lunch you are preparing and eating your dinner you don't do that because it's not logical to consume all three meals in one sitting. Don't do that with your brain. The same way your body will be overwhelmed by that kind of consumption so will your brain.

Give yourself permission to stop multi tasking.... It's not necessary. We juggle enough with just trying to be an expert in something. Give yourself a break and understand that you will get to it all in your list and even more effectively if you do it one at a time! Change what you can but don't worry about what you can't.