

CLARITY QUICKSTART: STOP OVERTHINKING IN 3 MINUTES

HD Counseling Services

Tailored therapy for high-achieving women navigating anxiety, stress, and leadership pressure

1. NAME IT (30 SECONDS)

What pattern is active right now?

- Worrying (future "what if")
- Rumination (past replay)
- Overanalyzing (endless planning)

Prompt: "I'm noticing _____ (name the pattern). This is just a thought, not a fact."

2. CHECK IT (60 SECONDS)

Can I solve this today? Circle one:

YES → Write 1 clear next step: _____

NO → Add to your scheduled worry list for later.

Quick grounder: Name 3 things you see, 2 things you feel, 1 thing you hear

3. ACT OR RELEASE (60 SECONDS)

If solvable: Do the smallest possible version of that step now.

If not: Say out loud, "I'll handle this when I can. Right now, I choose _____ (one value-based action)."

USE DAILY FOR 7 DAYS. TRACK: ____/7 DAYS COMPLETED.
NOTICE YOUR MENTAL FREEDOM GROW.

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