



CLARITY QUICKSTART

Stop Overthinking in 3 Minutes

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

STEP 1

30 SECONDS

NAME IT

What pattern is active right now?

- **Worrying** — future "what if" loops
- **Rumination** — past replay and self-criticism
- **Overanalyzing** — endless planning without action

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

STEP 2

60 SECONDS

CHECK IT

Can I take action on this today?

YES → Write one clear next step below

NO → Add to your scheduled worry list for later

Next step: _____

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

STEP 3

60 SECONDS

ACT OR RELEASE

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

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

You do not need certainty to move forward. You need one small, values-based step — and the trust that you are more resilient than your anxious mind believes.