

Overthinking



What thought keeps repeating today?



Why does this thought feel important?



Am I solving a problem or repeating a problem?



What decision am I analysing too much?



What would 'good enough' look like here?



What assumption am I making?



What else could be true?



What would I choose if I trusted myself more?



What conversation am I replaying in my head?



What do I actually know versus what am I guessing?



What thought deserves less attention today?



What helps me return to the present moment?



What would I tell myself if I were my own friend?



What uncertainty am I trying to eliminate?



What can I release without having every answer?

