



The Limitless Women Podcast How to Overcome to Overwhelm

Are you feeling overwhelmed and distracted? Do you need clarity on where to focus next? Listen to today's podcast episode where you'll learn how to get out of overwhelm and into ease and flow in your life and business.

Want to skip head? Episode Highlights

- [01:03] Learn what you can focus on when you're feeling overwhelmed, so you can get back to bringing your gift to the world.
- [03:30] Discover what you can adopt into your own life to always connect back to your deeper why.

Episode Transcript

[MC] Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

[Laura Gisborne] Thanks for listening to the Limitless Women Podcast. This episode is an excerpt from a video series on business tips I created for you. If you find this valuable and want to have a deeper, longer training, visit the Limitless Women YouTube Channel, subscribe and check out the rest of the series.

The number one thing I hear from women entrepreneurs is that they are just feeling overwhelmed. In today's video, I want to share with you a few things to help you get out of overwhelm and into ease and flow in your life and your business.

The first thing that I want you to focus on when you're feeling overwhelmed is getting clear about exactly why you're doing what you're doing. One of the reasons that we fall into overwhelm is there are so many distractions, and we have a hard time focusing on exactly what we need to be doing. If we can come back to our why, if we can come back to the reason why we started this business, the reason why we're here to help others, the reason why we want to be successful so we can support ourselves and support our families, a lot of times, it will help you get refocused and help you get back on track and out of feeling like you're spinning and not knowing where to go.



One of the most important things that I want you to do each day is to choose three things that are going to help you move closer to your goals. There's a lot of things you could be doing each day. The activities that I want you to be focusing on are those that are moving you closer to the goals that you have for your life and your business. If you could ask yourself, "Is this really moving me in the right direction, or is this a distraction?" and you get strong at stopping yourself when you're just doing distracting activities, you'll start to see that you're feeling a lot better, and you're getting the results that you want.

When you look at the three things, I want you to choose things that are fairly simple and fairly direct. I want you to take a peek and look at your past few weeks in your calendar and see if there's anything that you have incomplete. What I find is that incompletions are a bit like an open circle. When we don't get things done, it just drains our energy, and we start feeling bad about ourselves and start feeling like I should be doing more or why am I not further along? Close those loops, do the activities that you haven't completed. If you find that they are just insurmountable for you, ask for help. I want you to stop saying, "How do I get this done?" and start asking yourself, "Who can help me with this? Is it a team member? Is it a family member?" Also, is this maybe something that's not yours to do? Chances are you keep putting it off, because it may not be that important. Ask yourself, may I let this go? Is this something that I thought was important, but it's really not moving me closer to my goals so it's time to let it go?

The next thing that I'd like to share with you is this. Rome wasn't built in a day, and neither is your success. I want you to understand that the activities that you do daily, the practices that you take on daily are there to help you get strong and focused and move you towards your goal. One of the things that's really helped me over the years is to adopt a daily gratitude practice and a practice of meditation and prayer.

Now, wherever you fall in your spiritual beliefs, I just want to share with you this is really more about you connecting to your deeper why, giving yourself time and space to really look at what it is that you want to create and how you want to do it, and giving yourself the opportunity to strengthen your body and your mind, so that when life throws a curveball at you, you're really prepared. You have that deep grounding and knowingness that you're on track, doing the right activities each day.

In my first book, *Stop the Spinning*, which you can get a free copy of at laurafreebook.com -- we'll put the link here with the video -- I talk about the power of one minute. It doesn't have to be a long practice. It doesn't have to be something that you allocate two to four hours a morning for. Because I know you, like me, have a busy life. But when you're feeling overwhelmed, when you're feeling like you don't know where to focus next, I encourage you to turn everything off and set a little timer on your phone or on your computer, and just give yourself 60 seconds to close your eyes and take a few deep breaths and really get back on track. It's called the power of one minute, because it really is powerful. It doesn't take long. Any of us can find 60 seconds in a day to reset.



So when you're feeling overwhelmed, I want you to go back to why is it that I'm doing the work that I'm doing? What are the three things I committed to getting completed today? Give yourself grace and go back to one minute, reset. Go into gratitude. Be a little granular. Be grateful for the roof over your head, the strong beautiful body that's carrying you through the world, the community that you live in. Just know that you get to do this work. It really matters. I'm so grateful to you, and I thank you for doing what you're doing.

[Laura Gisborne] Are you finding this content useful? Are there other topics or podcast formats you'd like to hear from us? Send an email to podcast@limitlesswomen.com. This is the best way to grow and be of service to our growing community of Limitless Women like you.

[MC] You've been listening to The Limitless Women Podcast, with your host Laura Gisborne. Our mission is to help women business owners like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Are you a Limitless Woman? This is your personal invitation to learn how you can join our online community, grow through our business school and play with us at our live events. Go to LimitlessWomen.com for all the details. That's LimitlessWomen.com. Thanks for joining us!