

The image shows the front cover of a spiral-bound notebook. The cover has a light cream-colored background with a green watercolor wash pattern. The spiral binding is on the left side. The title is centered in a large, bold, black font.

From Overwhelmed to Focused

By: Open Palm Coaching

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Made with love and belief in your journey

MODULE 1: THE ROOT OF OVERWHELM

**What are three moments this week when you felt overwhelmed?
Describe what was happening.**

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Circle any common triggers you've experienced:

Guilt
People-pleasing
Poor boundaries
Perfectionism

MODULE 1: THE ROOT OF OVERWHELM

Write down the hidden costs you've noticed in your life due to constant overwhelm.

The price I am paying ...

The price my family pays when I'm overwhelmed ...

The price my health pays when...

MODULE 1: THE ROOT OF OVERWHELM

Use this space to track your energy highs and lows for the next 3 days.

DAY

HIGH ENERGY

LOW ENERGY

MODULE 2: TIME THAT WORKS FOR YOU

Compare two days this week—one where you felt drained and one where you felt aligned. What made the difference?

Day #1:

Day #2:

The difference:

MODULE 2: TIME THAT WORKS FOR YOU

List 5 things that fuel you and 5 things that drain you.

The 5 things that fuel me:

The 5 things that drain me:

MODULE 2: TIME THAT WORKS FOR YOU

Describe your ideal peaceful day using all 5 senses.

What does it feel like?

What does it look like?

What does it smell like?

What does it taste like?

What does it sound like?

MODULE 2: TIME THAT WORKS FOR YOU

Sketch or list a weekly rhythm that supports your energy

Sunday		Energy Giving	•
Monday			•
Tuesday			•
Wednesday			•
Thursday		Energy Draining	•
Friday			•
Saturday			•

MODULE 3: BELIEF DETOX

Write down 3 limiting beliefs you've carried for a long time. Where do you think they came from?

1. "I am ..."

This belief came from:

"I release this limiting belief, it is not my truth."

2. "I always.."

This belief came from:

"I release this limiting belief, it is not my truth."

3. "The people around me..."

This belief came from:

"I release this limiting belief, it is not my truth."

MODULE 3: BELIEF DETOX

Reframe that belief into something empowering and true.

Old beliefs		New beliefs
<input type="text"/>	→	<input type="text"/>
<input type="text"/>	→	<input type="text"/>
<input type="text"/>	→	<input type="text"/>

Repeat your new belief out loud and write how it feels in your body.

Describe how your emotions and actions shift when you believe the new thought.

MODULE 4: YOUR MOTIVATION MAP

What is your deeper 'why' for doing this work?

Go 5 layers deep.

The reason why I this work is because I want:

Why do you want that?

Why?

Why?

Why?

MODULE 4: YOUR MOTIVATION MAP

List 10 small wins you can create this week to build momentum

What 4 things help you reset when you feel stuck?

Wins



Reset Plan









What are you proud of?



Write 3 goals for this year

1.

2.

3.

MODULE 4: YOUR MOTIVATION MAP

Build your Motivation Menu

List sounds, scents, movements, people, or affirmations that spark your energy.

Affirmations: "I move with purpose, not pressure"

People: "My energy is sacred, I choose to protect what matters"

Movements: "Every small step I take fuels my momentum"

Sounds: "The sounds I choose uplift and reset my focus"

Scents: "I breathe in calm, exhale clarity"



Thank You for Showing up

*Thank you for taking the time to do this work—for yourself,
your healing, your peace, and your future.
You didn't just flip through pages. You paused. You
reflected. You chose you. And that matters.*

*This workbook wasn't about perfection. It was about
progress. Tiny shifts. Gentle awareness. New thoughts
planted like seeds.*

*Growth doesn't happen all at once—it happens every time
you choose to show up, even when it's messy or hard.
So come back to these pages when life feels loud. Revisit
the questions. Re-anchor into your vision.*

*This is daily work. And you're allowed to evolve at your own
pace.*

*You are not behind.
You are becoming.*

With love, from your coach Maria