

# THE OVERTHINKING KILL SWITCH

STOP THE MENTAL LOOP.  
MAKE THE DECISION.  
**MOVE.**



CLEAR YOUR MIND



MAKE THE CALL



TAKE ACTION



STOP SECOND-GUESSING



CREATE MOMENTUM



CLARITY COMES FROM ACTION.  
**NOT MORE THINKING.**

# WHEN THINKING BECOMES THE PROBLEM

Thinking is a tool. Overthinking is a trap. It steals your time, drains your confidence, and keeps you stuck in loops that lead nowhere.

Clarity comes when you stop thinking so much and start **doing what matters.**

## THE OVERTHINKING LOOPS



Replay the past.  
*You can't change it.*



Fear the future.  
*You can't control it.*



Doubt yourself.  
*You can't grow like that.*



Seek too much validation.  
*You'll never feel ready.*



Delay the decision.  
*You lose momentum.*

## BREAK THE CYCLE



### RECOGNIZE

Catch the loop before it takes control.



### REDIRECT

Shift your focus to what you can do right now.



### DECIDE

Make the call. Commit and move forward.



### TAKE ACTION

Motion kills doubt. Action builds momentum.



### REFINE & REPEAT

Adjust as you go. Progress over perfection.



OVERTHINKING FEELS  
PRODUCTIVE.  
**BUT IT'S JUST  
MENTAL PROCRASTINATION.**



You don't need more time to think. You need the discipline to stop, decide, and take action.



## RISKY MINDSET

BUILD YOUR MIND. CONTROL YOUR THOUGHTS.  
**TAKE ACTION.**

## STEP 1

NAME  
THE LOOP.

You can't break a loop  
you refuse to see.  
Overthinking thrives in the dark.

**Awareness is the light.**

The first step to controlling  
your mind is identifying  
how it betrays you.

## THE OVERTHINKING LOOP

**TRIGGER**

Something happens.  
Your mind takes over.

**THOUGHT SPIRAL**

You replay, analyze,  
and imagine every outcome.

**EMOTIONAL DRAIN**

Stress, doubt, and fear  
steal your energy.

**INACTION**

You freeze, hesitate,  
or wait for clarity.

**REPEAT**

The loop tightens.  
You stay stuck.



**OVERTHINKING ISN'T THINKING.  
IT'S RECYCLING THE SAME  
THOUGHTS AND EXPECTING  
A DIFFERENT RESULT.**

## BREAK THE LOOP

**RECOGNIZE**

Catch the loop  
before it takes  
control.

**REDIRECT**

Shift your focus to  
what you can do  
right now.

**DECIDE**

Make the call.  
Commit and move  
forward.

**TAKE ACTION**

Motion kills doubt.  
Action builds  
momentum.

**REFINE & REPEAT**

Adjust as you go.  
Progress over  
perfection.



You don't need a new mind.  
You need a new habit.  
Break the loop. Take back control.

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## STEP 2

SEPARATE  
FACT FROM  
STORY.

Overthinking blends facts with fiction and creates problems that don't exist.

Facts are neutral.  
Stories are opinions.

Stay in facts and **you stay in control.**

## FACTS vs STORIES

**FACTS ARE WHAT HAPPENED.**

- Observable and verifiable.
- No emotion attached.
- They don't change.

**STORIES ARE WHAT YOU ADD.**

- Assumptions and predictions.
- Driven by fear or ego.
- They create unnecessary loops.



FACTS KEEP YOU GROUNDED.  
STORIES KEEP YOU STUCK.  
**TRUTH SETS YOU FREE.**

## THE 5-QUESTION FILTER

**WHAT HAPPENED?**

Stick to the exact events without adding details.

**WHAT DO I KNOW?**

Focus on what you actually know for sure.

**WHAT DON'T I KNOW?**

Be honest about what's missing or unclear.

**WHAT AM I ASSUMING?**

Identify the story, not the fact behind the thought.

**WHAT'S THE IMPACT?**

Ask if this thought helps you or just creates stress.



Facts don't care about your feelings. Stories do. Stay with the facts. Break the loop. Take back control.

**RISKY MINDSET**

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**TAKE ACTION.**

## STEP 3

FIND WHAT  
YOU CONTROL.

You can't control everything.  
Trying to is exhausting.

Power comes from focusing your  
energy on what's actually yours.

Control your circle. Own your life.

## THE CONTROL FILTER



## I CAN CONTROL

My thoughts, my choices,  
my actions, my effort,  
my focus, my responses.



## I CAN INFLUENCE

Other people's opinions,  
outcomes, and situations  
through my actions.



## I CAN'T CONTROL

Other people, the past,  
what happens next,  
or how people react.



PROTECT YOUR FOCUS.  
GUARD YOUR ENERGY.  
CONTROL WHAT YOU CAN.  
LET GO OF THE REST.

## THE CONTROL CHECKLIST



## WHAT'S MINE?

What can I control  
right now in this  
moment?



## WHAT'S NEXT?

What's the best  
action I can take  
right now?



## WHAT'S DRAINING ME?

What's out of my control  
that I need to stop  
worrying about?



## WHERE'S MY ENERGY?

How will I use my time  
and energy on what  
actually matters?



## DAILY RESET

Revisit. Refocus.  
Realign. Repeat  
every day.



The less you try to control,  
the more power you actually have.  
Focus on what's yours. Take back control.



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TAKE ACTION.

# STEP 4

# MAKE THE DECISION.

Overthinking keeps you stuck in endless loops.

A decision cuts the loop.

Even a small decision creates momentum and brings clarity.

**Decide, commit, and move forward.**

## DECISION TYPES



### CLEAR DECISIONS

The answer is obvious.  
Make it and move.



### UNCERTAIN DECISIONS

You don't have all the facts.  
Decide with the best info you have.



### IMPORTANT DECISIONS

Big impact. Long-term.  
Decide, commit, and protect it.



DECISIONS CREATE DIRECTION.  
DIRECTION CREATES MOMENTUM.  
**MOMENTUM CREATES TRANSFORMATION.**

## THE DECISION CHECKLIST



### WHAT'S MY GOAL?

Be clear on what I want.



### WHAT ARE MY OPTIONS?

List the possible paths forward.



### WHAT'S THE BEST MOVE?

Pick the option that gets me closest to my goal.



### MAKE THE DECISION.

Stop talking yourself in circles. Decide.



### COMMIT & EXECUTE.

Take action now.  
Adjust as you go.



Clarity comes from decisions,  
not more thinking.  
Decide. Commit. Take control.



**RISKY MINDSET**  
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**TAKE ACTION.**

## STEP 5

# MOVE BEFORE YOUR MIND REOPENS THE CASE.

Overthinking thrives in stillness.

Action breaks the cycle.

The longer you wait,  
the louder the doubt gets.

**Move now. Protect your progress.**

## ACTION TRIGGERS

**PHYSICAL ACTION**

Move your body.  
Change your environment.

**SMALL ACTION**

Take one simple step.  
Build momentum.

**CONSISTENT ACTION**

Keep moving forward.  
Don't stop to rethink.



**ACTION SILENCES DOUBT.  
MOMENTUM BUILDS CONFIDENCE.  
KEEP MOVING FORWARD.**

## THE MOVE CHECKLIST

**WHAT CAN I DO NOW?**

What's one action  
I can take in the  
next 5 minutes?

**WHAT WILL IT CREATE?**

How will this action  
improve my situation  
or mindset?

**WHAT'S THE NEXT STEP?**

What's a small step  
I can take right  
after this?

**WHAT WILL I PROTECT?**

What am I protecting  
by not staying stuck  
in my head?

**WHAT'S THE WIN?**

What's the outcome  
I'm moving closer  
to today?



You don't need to feel ready.  
You just need to move.  
Action closes the case. Keep going.



**RISKY MINDSET**  
BUILD YOUR MIND. CONTROL YOUR THOUGHTS.  
**TAKE ACTION.**

# YOUR OVERTHINKING KILL SWITCH.

Overthinking will always try  
to pull you back.  
Life will always get loud.  
But you now have the switch.  
You have the steps.  
You have the power.  
**Use it. Protect it. Live it.**



THE 5-STEP  
KILL SWITCH

1. NAME THE LOOP.
2. SEPARATE FACT FROM STORY.
3. FIND WHAT YOU CONTROL.
4. MAKE THE DECISION.
5. MOVE BEFORE YOUR MIND REOPENS THE CASE.

## THE SHIFT YOU'VE BUILT



### AWARENESS

You see the loop  
for what it is.



### CLARITY

You focus on  
facts, not fiction.



### CONTROL

You own what  
you can control.



### DECISION

You make choices  
that move you  
forward.



### ACTION

You break cycles  
and build  
momentum.



You can't stop every thought.  
But you can stop every loop.  
That's power.



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**TAKE ACTION.**