How to beat Overwhelm, Stop Stress & Thrive with Kerry Tepedino

with Kerry Tepedino · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Kerry Tepedino, founder of the One Thought Away Project, spent her 20s and 30s working in overwhelm and stress before one night deciding to stop the cycle and find mentors who could help.

- [ ] Write down the promises you keep breaking to yourself and notice the pattern.
- [ ] Find a mentor who already has the results you want, and follow what they do.
- [ ] Stay coachable, even when the advice isn't easy to hear.
- [ ] Ask for support instead of trying to be Superwoman.
- [ ] Name what staying stuck is costing you: the "or not".
- [ ] When self-doubt starts talking, put the monkey mind in the back seat and get back in the driver's seat.
- [ ] Sort your mail before you walk in the door and keep unneeded things out of the house.
- [ ] Reset your space at the end of each day so you wake up to a clean slate.
- [ ] Time block your week: assign tasks to certain days and certain weeks of the month.
- [ ] Start team calls by sharing moments of success.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/how-to-beat-overwhelm-kerry-tepedino/
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