

THE
EVERYDAY MIND



REAL LIFE • REAL MIND • SMALL STEPS

*A calmer
kinder you
is possible*
♡

5 Questions

for When You're

Overthinking Everything

For the moments when your brain
has opened 37 tabs... and
apparently none of them
have a close button. ♡

SIMPLE
REFLECTIONS
REAL PERSPECTIVE
A CALMER YOU

You've got this
♡



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The 5 Questions

PAUSE • PERSPECTIVE • PROGRESS

Small
questions
Big shifts 

1

What do I actually KNOW right now?

Strip it back to the facts. What has genuinely happened — not what you're predicting, assuming or imagining?



FACTS
NOT
FICTION

2

What am I filling in the gaps with?

Our brains are brilliant at creating stories, especially when we don't have all the information.

"They haven't replied because I've annoyed them."
"Everyone thought I sounded stupid."
"If I try this, I'll probably fail."



STORIES
NOT
CERTAINTIES

Notice the difference between a fact and a story your mind has created.

3

Is there another possible explanation?

You don't need to convince yourself everything is wonderful. Just ask whether your first interpretation is the only possible one.



OTHER
PERSPECTIVES
EXIST

4

What would I say to someone I cared about if this was happening to them?

We're often much more balanced, compassionate and sensible when the problem belongs to somebody else.

Borrow some of that kindness and perspective for yourself.



BE KIND
LIKE YOU
WOULD TO
A FRIEND

5

What's one small thing I can choose next?

Not: How do I solve my entire life?

Just: What can I do next?

- | | |
|--------------------|---|
| ♥ Send the message | ♥ Write the first sentence |
| ♥ Take the break | ♥ Say no |
| ♥ Ask the question | ♥ Do nothing tonight and rewsit it tomorrow |



SMALL STEPS
STILL MOVE
YOU FORWARD

♥ *Your Everyday Mind reminder*

You don't have to solve every thought your brain gives you.

Sometimes noticing the thought, questioning the story
and choosing one small next step is enough.



WANT TO GO A LITTLE DEEPER?

If this found you at the right time, you might also like my self-guided programmes, coaching and podcast at nurturebynaomi.com

Naomi 
x

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