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MINDFUL STEPS TO DOWNSIZING

SIMPLE STEPS WITH HUGE IMPACT

GET CLEAR ON YOUR VISION.

WHAT WOULD YOU LOVE?



Take time to reflect on why you want to downsize.
Create a vision by asking, What would you really love?
Write down your vision and refer to daily.

WHAT SUPPORT DO YOU NEED?

KNOWLEDGE, DELEGATION, ACCOUNTABILITY

What support would help you succeed?

Hint: Identify the tasks you don't like or aren't good at completing. Write a list of people you know who might support you. Find an accountability partner.



TAKE SMALL, CONSISTENT STEPS

ONE STEP AT A TIME

Write your tasks down by priority
Break down into small bite-sized steps
Reward yourself along the way

PERFECTIONISM, PROCRASTINATION & OVERWHELM TOOLS & STRATEGIES

Write down everything in your head on paper.
Write down the tasks you are avoiding. Ask yourself why you are avoiding. Ask for support.
Work for only 5 minutes. Take a break for 5 mins. Repeat until productive.



MINDFULNESS PRACTICES

REWIRE YOUR BRAIN

Transform negative thinking patterns that stop you
Practice self-care. Eat brainpower foods. Drink water.
Focus on gratitude.
Get adequate rest, take naps, and meditate.

RIVER EASTER, MA

YOUR CATALYST FOR POSITIVE CHANGE

Schedule your FREE Breakthrough Session with River at www.ScheduleTimeWithRiver.com today to gain clarity on your vision, uncover challenges holding you back and identify POWERFUL next steps.

