



The Overthinking Framework

A simple system to reduce mental noise and regain clarity.

Name

Identify the thought loop.

Is it a decision, a worry, or something outside your control?

Schedule

Give thinking a time and place instead of letting it occupy the entire day.

Act

Take one small action to close the mental loop and create momentum.

Remember:

Overthinking isn't solved by thinking harder.
It's solved by adding structure to your thinking.
