



Overwhelmed? Find Clarity & Wellbeing in the Work

It is common to get overwhelmed, overloaded, and overstimulated at work making accomplishment difficult or even impossible. When this happens, it's time for a dose of CLARITY for our wellbeing.

Give yourself a time-out and answer the following questions:

What do I enjoy about my job?

Looking at my day, what gives me energy?

What is my purpose in the work I do?

Which of my strengths will I use today?

Of all the things I do well in my job, which ones do I do the best?

What do I need to focus on between now and ____? (choose a time that is suitable for clarity, in some instances it will be end of day and others end of month) 3-5 bullets.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

If I could change one thing for the better, what would it be? How can I live without that change if it's unchangeable in this moment?

How does my team give me energy?

To stay clear, you may want to create an empowering mantra...

At the end of the day, it would be energizing to note accomplishments, no matter how big or small. What are your accomplishments?

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with organizations and individuals to offer essential skills for today. A personal strategist, philosopher, and champion for her clients, specializing in burnout recovery, stress reduction, mindfulness, work life balance, bereavement, resilience, and authentic success, Kim is a Certified Life Coach, with an Master's degree in Organizational Communication, Certified Workplace Mindfulness Facilitator (CWMF), a Certified Grief Educator, [Culture Talk Certified Partner](#) and author of [Finding Your Center: The Case for Clarity, Compassion & Contentment](#) (available on Amazon) and podcaster for [Find Your Center with Life Coach Kim Perone](#) and co-host of the Slightly Unmeditated podcast available wherever you get your podcasts. It is Kim's belief that when clarity, compassion, and contentment are present an inspired life is possible. For more information, feel free to contact Kim at Kperone@center4c.com, (518) 301-3593, www.Center4c.com.
