



The Off-Switch, On One Page

Screenshot this. Pull it up the next time your brain won't stop spinning.

THE TRUTH

Overthinking isn't a thinking problem. It's a trust problem. You're not missing the answer. You're missing trust in the answer you already have. **YAK — You Always Know.** Your intuition is quiet, unemotional, and mistake-free. The spiral is just fear running the show.

STEP 1 — YES OR NO - Catch the spiral. Refuse the paragraph. You only get two answers.

- Not "Can I justify this?" — that's the trap.
- Just: "Do I want this? Yes or no."
- The answer is usually instant. You knew before the committee sat down.
- If it's a no — no is a complete sentence. No essay required.

STEP 2 — CHECK THE BODY (EEE)

Still arguing with yourself? Drop out of your head, into your body. Your body can't lie to you.

- **EASE** — does yes feel like ease, or force?
- **ENERGY** — picturing it, do you feel lighter or heavier?
- **ENJOYMENT** — is there a pull toward it, or a drag?

Pick the answer that feels like relief, not the one you can defend the best.

THE PERMISSION SLIP

Trusting your gut isn't selfish. Your intuition's answer isn't just what's best for you — it's what's best for everyone involved. Sometimes your "no" is the most loving thing for the other person too. Your "yes" when you mean "no" only breeds resentment and teaches people to depend on you in ways that serve no one. Honoring your truth keeps you in integrity AND lets you show up cleanly for the people you love.

THE WHOLE THING IN ONE LINE

Yes or no? And if you're not sure — which one feels lighter? That's your answer. You always knew.

Want the whole toolkit? This is just one tool from my group program, The Clarity Catalyst.
Come find me — I'd love to help you go deeper.

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