

# Stop Overthinking

by Nick Trenton

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Run the 3-Column Thought Audit**

Split a page into Facts, Fear Story, and Next Move. One line each. This instantly separates evidence from narrative and forces behavior over rumination.

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<sup>02</sup> **Set a 10-Minute Worry Appointment**

When loops start, schedule them for a fixed 10-minute window later today. Until then, redirect to your immediate task. Most worries lose urgency before the appointment.

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<sup>03</sup> **Use the 5-4-3-2-1 Grounding Reset**

Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste. This returns attention to the present when mental simulation accelerates.

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<sup>04</sup> **Apply the Two-Week Perspective Test**

Ask: Will this matter in two weeks? If yes, what one action helps now? If no, release the loop. Perspective lowers false urgency.

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<sup>05</sup> **Do a 90-Second Body Interrupt**

Stand up, move, shake out tension, and lengthen your exhale. Thought loops weaken when physiological arousal drops.

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<sup>06</sup> **Take the 10-Minute Courage Action**

Pick the task you keep mentally circling. Start it for exactly 10 minutes now. Momentum from action outperforms confidence from waiting.