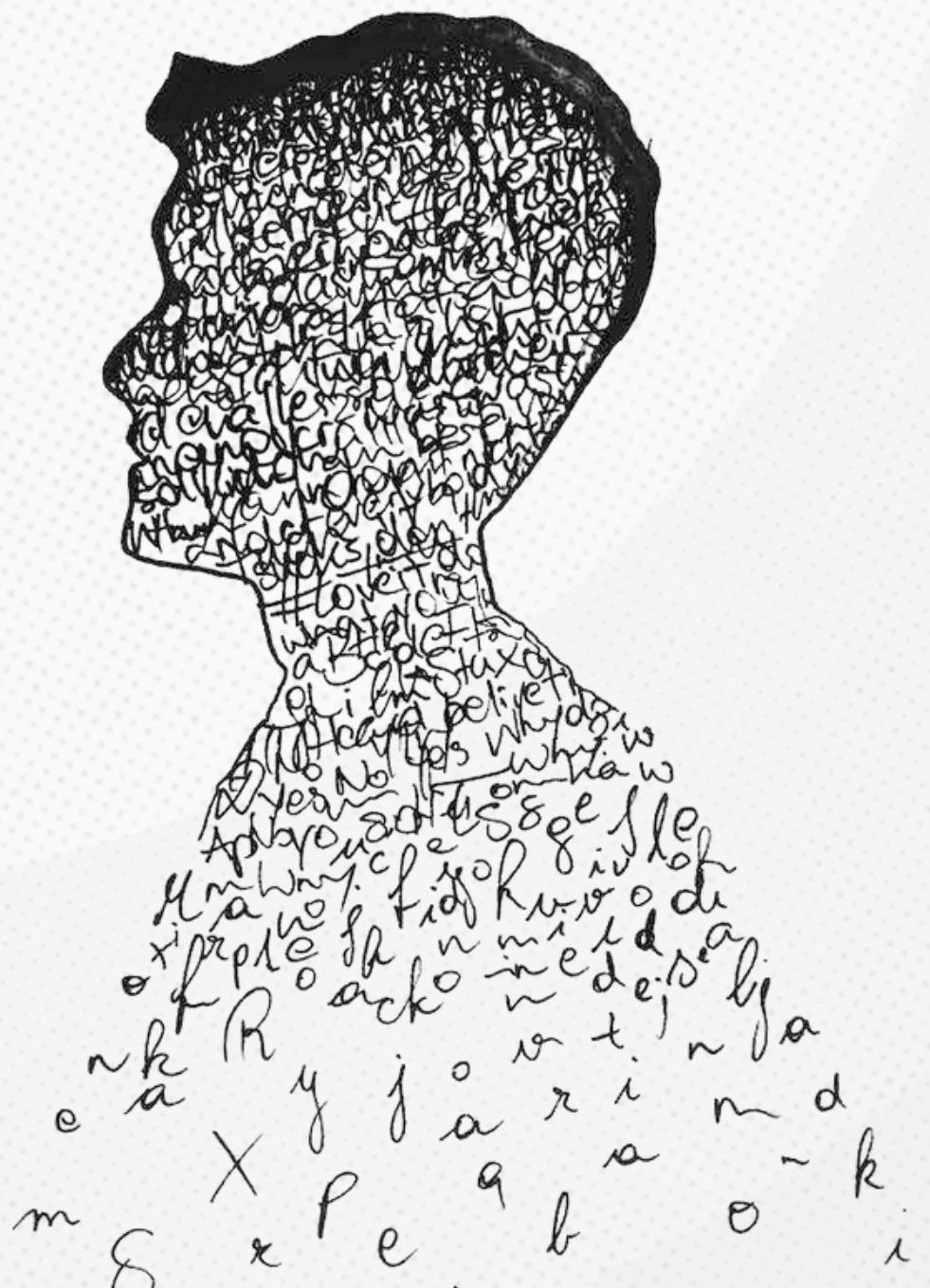
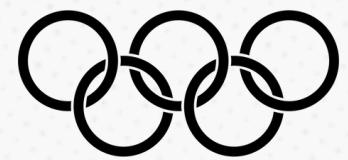


How to Stop Overthinking Everything

Written by Colby Kultgen



I'm a chronic overthinker.



Seriously, if overthinking was an Olympic sport, I could compete for gold.

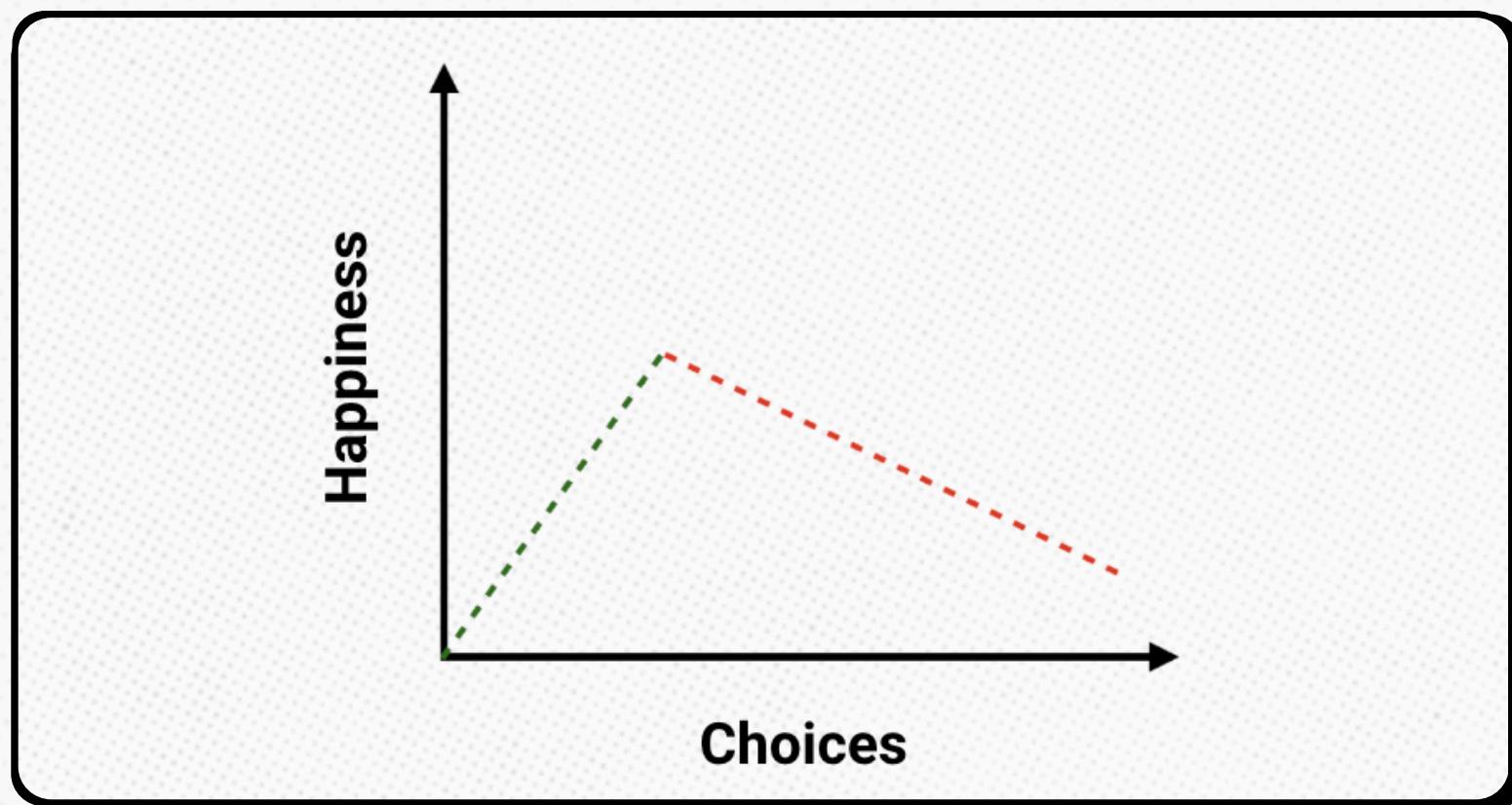
Luckily for me (and you), I've collected some tools and techniques over the years to combat this tendency to overthink.

Here are 7 of my favorites:

1. Give yourself fewer options

Research by psychologist **Barry Schwartz** found that when faced with too many options, we are more likely to second guess ourselves and experience choice paralysis.

Additionally, we end up less satisfied with our final decision.



2. Set Decision Deadlines

Nothing kills overthinking faster than a firm deadline.

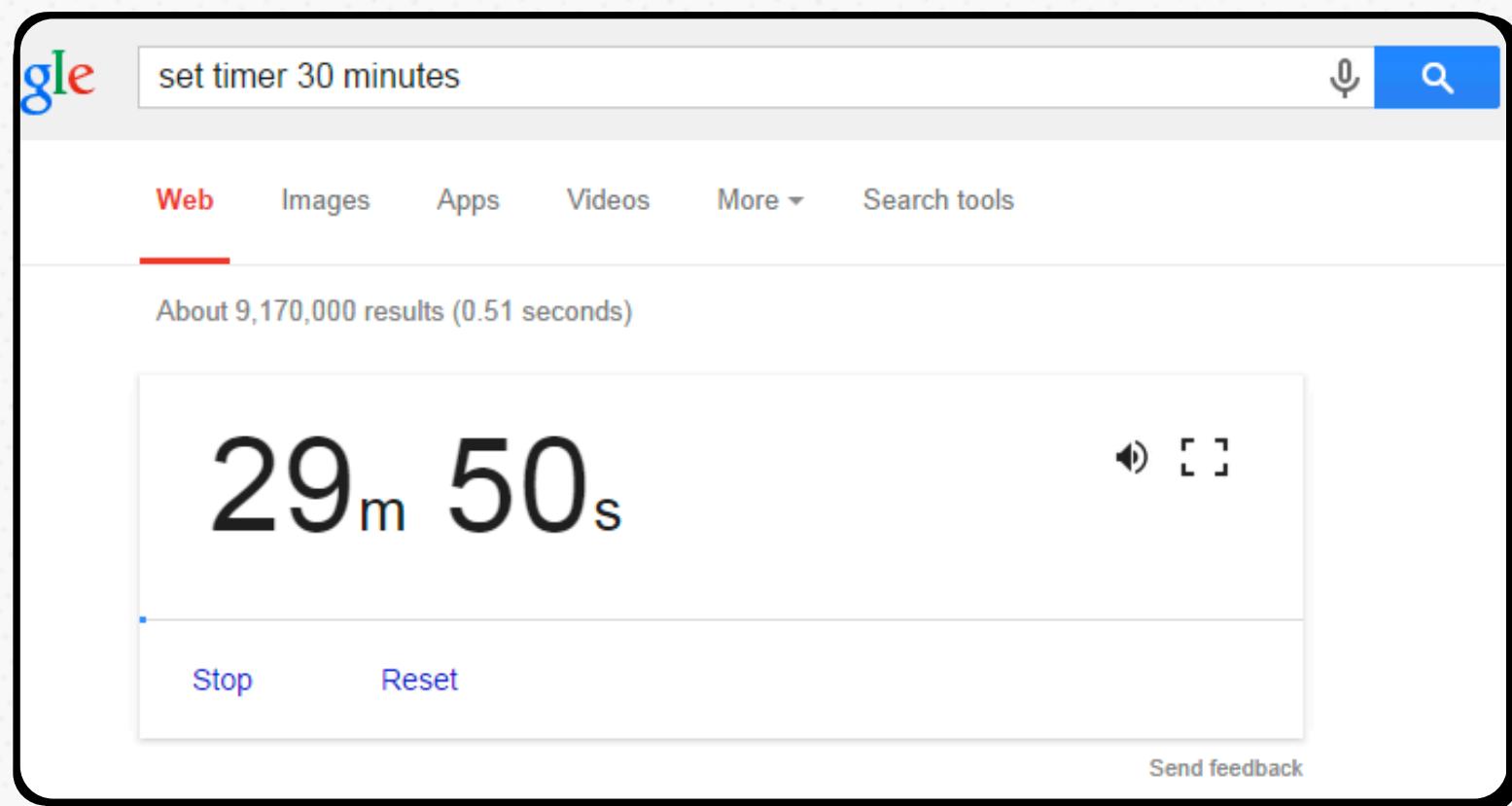
Rule of thumb:

Small decisions - 30 seconds

Medium decisions - 30 minutes

Big decisions - 30 hours

(use your discretion)

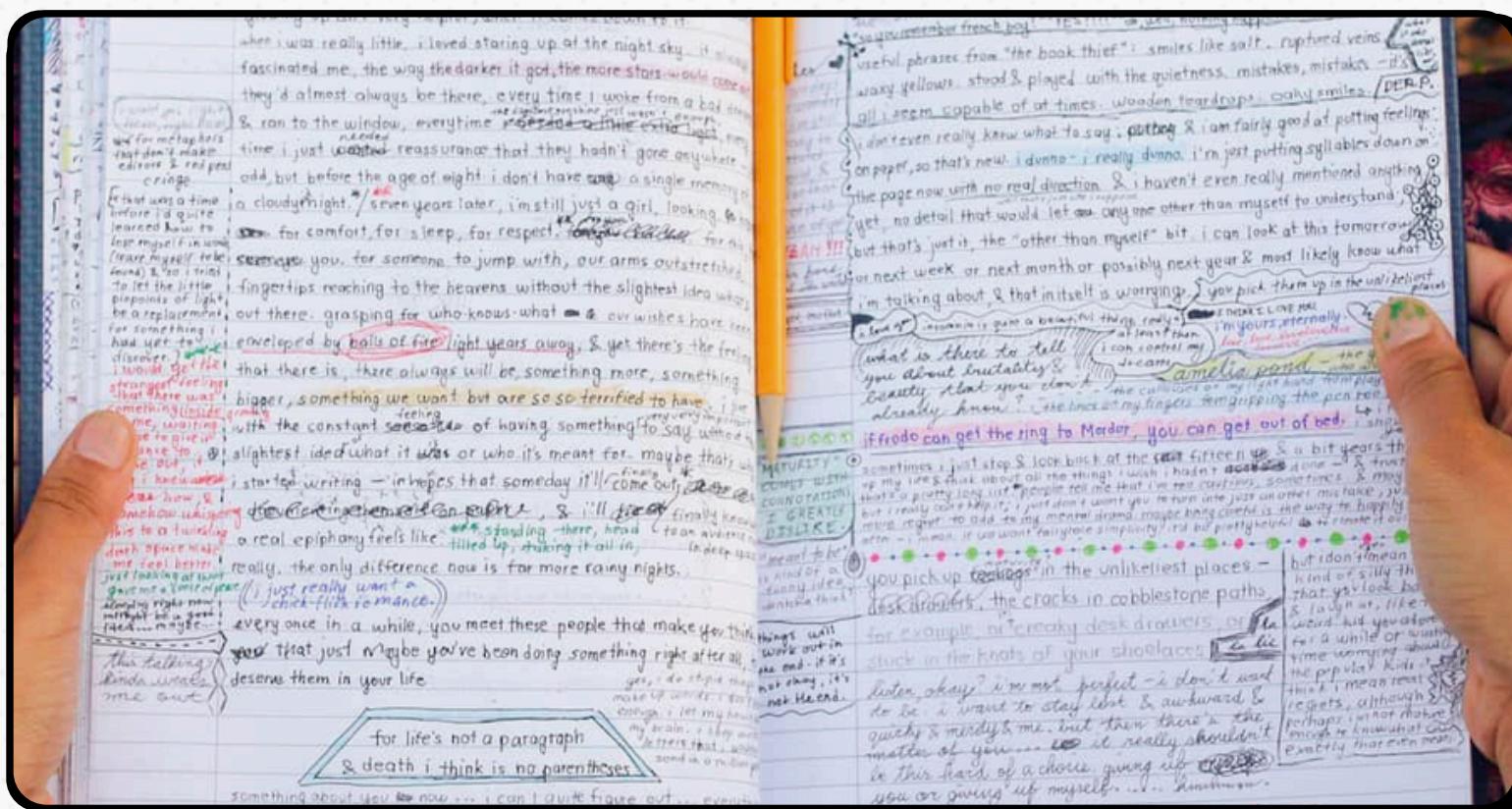


3. "Stream of Consciousness" Journaling

The fastest way to clear your head is to empty your thoughts out onto paper.

Try this:

1. Get a pen and paper
2. Start writing—don't think, just write
3. Keep writing until you feel you feel your mind starting to clear



4. The 70% Decision Rule

(h/t) Jeff Bezos

In a perfect world, you'd have 100% of the necessary information before making a decision.

Sadly, we don't live in a perfect world.

A good rule of thumb is to make decisions when you have **70% of the information** you wish you had.



5. The "5-Second Rule"

(h/t) Mel Robbins

A technique for overcoming hesitation and overthinking.

“The moment you have an instinct to act on a goal, you must **count down 5-4-3-2-1** and physically move, or your brain will stop you.”

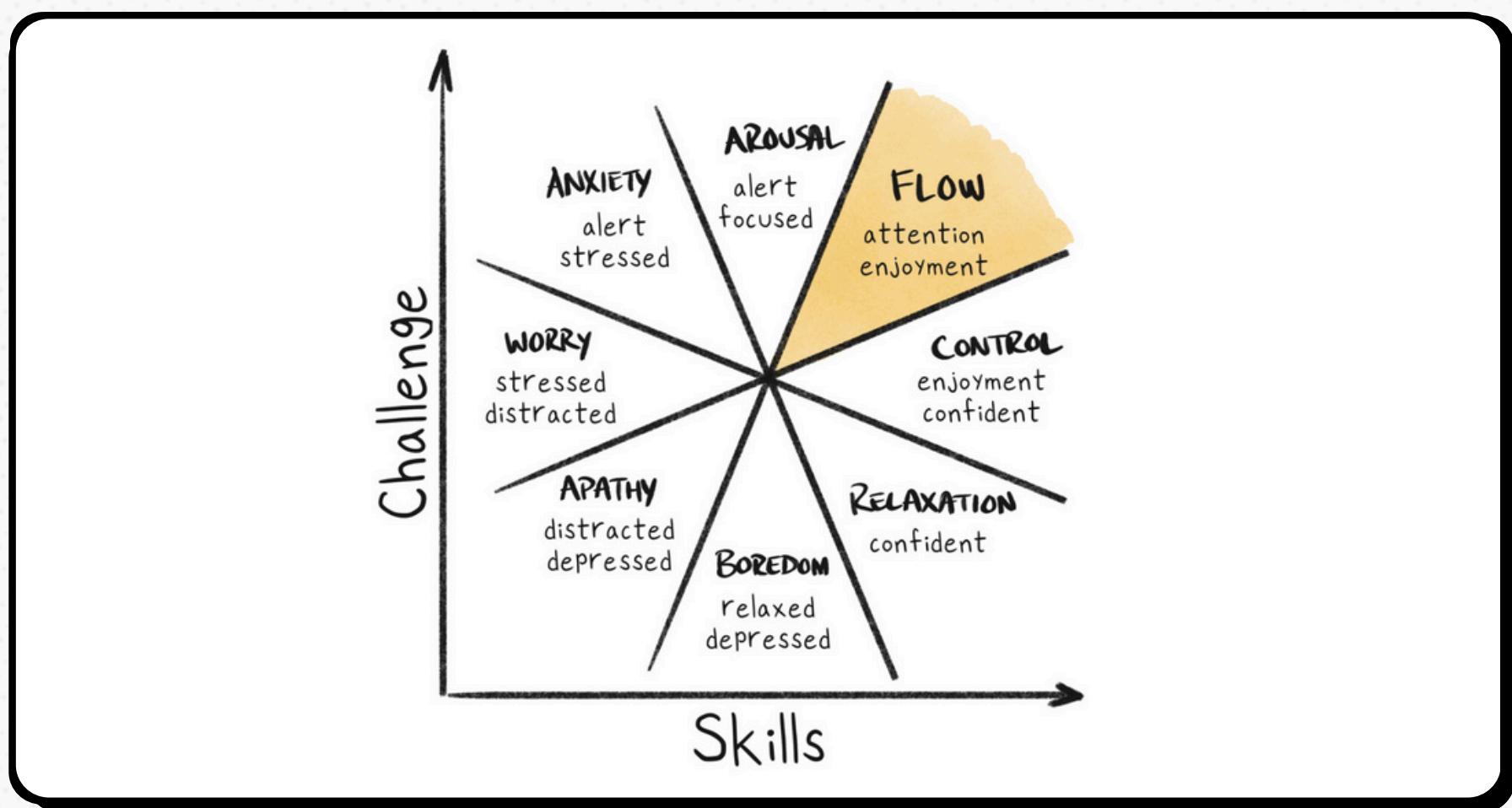


6. "Flow State" activities

When your attention is 100% focused on what you're doing, overthinking becomes impossible.

Take note of the healthy activities that make you lose track of time.

Examples: writing, playing music, yoga



7. The “85-Year-Old Self”

(h/t) Alex Hormozi

Try this:

- Open a Google Doc
- Chat with your "85-year-old" self
- Speak back and forth as your current self and future self
- Ask questions and use the different perspective to help you work through your problems

