



A ONE-PAGE SYSTEM INTERRUPTION FOR  
OVERWHELM.

# “Do This Next” Fast Guide

IF I'M CONFUSED → I WILL:

- ASK FOR WRITTEN CLARITY
- RE-READ THE LATEST ACC DECISION
- WRITE WHAT I DO KNOW
- IDENTIFY THE MISSING PIECE

IF I'M OVERWHELMED → I WILL:

- TAKE 3 SLOW BREATHS
- DRINK WATER
- CHOOSE ONE TASK ONLY
- GROUND MY BODY BEFORE MY MIND

IF I NEED EVIDENCE → I WILL:

- REQUEST MY FILE
- ASK MY GP FOR UPDATED NOTES
- GATHER ASSESSMENTS/REPORTS
- CHECK FOR INACCURACIES

IF I NEED DIRECTION → I WILL:

- USE THE NEXT STEP MAP
- SEND AN EMAIL INSTEAD OF CALLING
- PLAN THE NEXT 10 MINUTES, NOT THE NEXT 10 MONTHS

IF I FEEL POWERLESS → I WILL:

- RETURN TO WHAT I CAN CONTROL
- NAME WHAT IS TRUE RIGHT NOW
- CHOOSE THE SMALLEST STEP THAT GIVES ME MOMENTUM
- REMEMBER CLARITY = POWER