



**Fed up with overwhelm?**

It's time to deal with those spinning plates!

**Living From Your Heart**  
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Most of us are proud of our multi-tasking abilities. But spinning too many plates at once can lead to stress and beyond. Discover how to stop your plates spinning, whilst getting even more done - by doing less... Intrigued? How about giving it a go?



## How Many Plates Are You Spinning?

Most of us are proud of our multi-tasking abilities.

In fact, we live in a society where the ability to do 3 things at once is so praised that those who do just one thing at a time are sent on training courses!

Most of us have created impressively long “to do” lists and some of us have even got to the stage where these “to do” lists stop us from sleeping...

### But There’s A Problem With Multi-Tasking

Doing - or thinking about doing - lots of things at once means we’re often doing one thing, whilst thinking about another. We can end up pre-occupied with everything that needs to be done and we convince ourselves that we’re almost too busy to breathe!

Unless you’re a classic “completer-finisher” (someone who gets satisfaction from dotting every “i” and crossing every “t”), then chances are you’re like me and love getting things mostly done, but move on to the next project / job / to-do list item before the last is really finished.

Your “to-do” list gets longer and longer.

Imagine the magician spinning plates on the end of sticks at a variety show - that’s how our life ends up: running to and fro, tending those spinning plates until we’re exhausted.

The problem with this is that we’re never “here” in the present moment - we’re always “over there”, thinking about what needs to be done next, or what we did /

didn’t do last.

We do the washing up, whilst thinking about the cup of tea we want afterwards. We drink the cup of tea,





whilst thinking about the shopping to be done later in the day. We do the shopping, whilst thinking about cooking dinner. You get the picture. And so it goes on.

We're not really "alive" - we have turned into robots, constantly spinning plates on automatic pilot. It's not much of a way to enjoy life...

**But the good news is that we can get off the ride and stop spinning so many plates.**

The simple act of closing off loose ends can be such an incredible release that the following exercise is one I recommend to almost all of my coaching clients, early on in our work together.

In this workbook, I'm bringing you a very simple exercise he had us do that helped me work towards dumping so many of my old stress patterns.

It was all about closing off loose ends. And how do we spot loose ends? By looking at how many plates we're spinning.

And there's a huge benefit to spinning less plates - you get more done by doing less.

Sounds intriguing? How about giving it a go?

It could make an amazing difference to your stress levels.

### **Exercise: Closing off loose ends**

Take a large piece of blank paper and start to brainstorm a list of all the unfinished jobs, projects and "to-do" list items you can think of. Most of us have at least 10, many of us may have quite a few more.

Then go through the list and cross off any that don't need to be written down, such as daily activities like "make dinner" or "feed the cat".

Now go through the remaining list and draw a circle around any that are stressing you.

Write these in the table on the next page and answer the questions given for each one. This is how you'll stop those plates from spinning.

The table is on the next page.



Make this table as long as you need it to be!

Spinning Plate	Does It Really Need Doing? Who says?	Is It Really Your Job? Who else could do it?	What Action Will You Take & <b>When?</b>



And the most important part is, right now, go and do one of your actions. Even if it's just a tiny, little thing. Write it in the space below, if you have printed this out. If not, put it in your diary!

Then you've made a start. Congratulations!

Here is the first action I am going to take, to deal with my spinning plates:

And there's a little bit more we can do, if you're up for it...???



## Taking It To The Next Level - Using Your Spinning Plates To Heal Your Life

And if you'd like to go the extra mile, if there are any spinning plates that you know, in your heart, aren't really yours, but you're finding hard to let go of, here are 3 questions you could ask yourself:

1. Whose spinning plate is it, really?
2. Why am I (truthfully!) spinning it for them? Which unmet need of mine is it fulfilling? Be totally honest with yourself and let the answers bubble up, without judgement.
3. How could I meet this need in a more healthy way?

By answering these questions - and taking action on the answers - you can really get to the root of why you have been so good at picking up spinning plates. And you can release yourself from that old habit. Woo hooooo!

I would LOVE to hear how you get on with this. Here's where we're talking about it, over at the forum:

<https://www.facebook.com/photo.php?fbid=10152449409146238>

Love, Clare xx