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## The "Different Perspectives" Newsletter

It can be fun to step back and look at the world from a different angle. Here, we step back and look at commonly used words in business and life, ask a provocative question, and see what others are doing differently by applying a different lens on life. I hope you enjoy "Different Perspectives" and that you begin to step back when needed and observing what else is possible.

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January 6, 2025

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### Word Choices

**Overwhelm** - /oh-ver-hwelm/, - welm/, verb. Def - to overcome completely in mind or feeling. To cover or bury beneath a mass of something.

I think it is safe to say that for some, the holidays can be overwhelming with family visits, holiday parties, hosting dinners, and shopping for the perfect gift. Many people mention feeling overwhelmed at work and with household responsibilities. By looking at the definition, it is a state where you are overcome or feeling buried by something. Question is, by what?

In Greg McKeown's books, "*Essentialism*" and "*Effortless*", he addresses one of the leading causes of feeling overwhelmed - by saying "yes" to too many things. That falls in line with the definition because when we are saying "yes" to too many things we can quickly be buried by the obligations of that "yes". This is about making a choice to what you will say "yes" to and what you will say "no" to. The choice is ours

Sometimes the overwhelm happens at work when a co-worker is sick or leaves, the responsibilities are put on you and you accept it. Again, this is a matter of choice for what you take and what you don't take. When I talk to clients who are dealing with this

scenario, often they feel obligated to take on the work and not say anything. Maybe a proper question to the boss is "I am happy to help and I have X, Y, and Z projects on my plate that need my attention, which ones are capable of being put aside to handle this workload?"

Ultimately, it comes down to choice and the choice is ours to be overwhelmed or not.

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## Question of the Week

1. What are you saying "yes" to now that you should have said "no" to.
2. If you find too many "yes" commitments, what can you delegate, delay or dump?

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## Thinking Outside the Box

When deciding what to say "yes" to and what to say "no" to, it might first be best to ask, "what is most important to accomplish right now?" Or, "what is the one thing that I can tackle now that will have a domino effect and solve other issues?"

Maybe part of what you are overwhelmed about is that you are doing things that you are not really that good at but you still said "yes" to avoid disappointing someone like your boss. Maybe you are actually good at that task, but it does not give you energy to do it. These concepts come from the Working Genius program by Patrick Lencioni.

[Click here to learn more.](#)

Basically, if you are doing what is your Genius, it is easy and it fills your energy tank and you could probably do it all day long and feel good. It doesn't feel like work. If you are overwhelmed, maybe it is in your Competency or your Frustration and should be moved to someone else.

Take a self-inventory to know what you should be working on and what you might have to delegate to someone else.



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