



HOW TO STOP OVERTHINKING

AVOID ANXIETY AND OVERWHELM
BY QUITTING GOAL SETTING

LUKE JOHN HARRISON

FOREWORD BY BRIAN GRASSO

HOW TO STOP OVER-THINKING

ESCAPE ANXIETY AND OVERWHELM BY
QUITTING GOAL SETTING'

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Foreword by Brian Grasso

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*This book is dedicated to every person who
struggles with their own self-doubt.
This is for you.*

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FOREWORD

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

That quote from Carl Jung is a game-changer.

And a life-changer, if you just pause to give it some reflection.

Whether you know me personally or know me through Facebook, you wouldn't have recognised the person I was had we been friends 10 years ago.

I was angry, frustrated, jealous, jaded, but mostly, so terribly sad.

Sad because I had tried absolutely everything you were supposed to try. I followed the goal setting experts, listened to the success gurus, and did the work that the hustle authorities claim is required.

None of it worked for me.

My days were spent in this frenzy of commotion. Charting my goals, reading every book I could get my hands on and working my ass off to make it all come together.

In contrast, my nights were spent in a pit of grief,

in disbelief that I would ever achieve my goals and absolutely exhausted from another 24-hour cycle of trying to make it happen.

I started believing that I was broken and that, while my friends and colleagues were crushing it and on the cusp of even greater heights, I was bound for mediocrity, destined to be inferior.

I thought that, somehow, I lacked the smarts, the ability or the savvy to achieve what I wanted. That was my fate.

Until I started making my unconscious conscious.

The game-changer and life-changer for me had nothing to do with setting more goals, reading more books or hustling harder. It had to do with learning to understand what mindset is, how it works and how mine was keeping me stuck.

Success - so I came to realise - wasn't about working to become successful, so much as releasing yourself from the reasons you're not.

And the reason I wasn't?

I overthought EVERYTHING. Absolutely everything. From decisions in business to decision in diet. From considerations in dating to considerations in fitness.

Overthinking was the cause and source of something both you and I know very well - self-sabotage.

I knew what to do and, in most cases, even how to do it, but there was something preventing me from actually getting it done.

If you've wanted to make more money, grow a successful business or finally make real the dream you've been carrying in your heart - but can't - no matter what you do or how hard you try, then I'd ask you to give this book, by my dear friend Luke John Harrison, a very serious read.

He is the real deal.

And his content will change your life.

Sincerely,

Brian J Grasso

INTRODUCTION

ABOUT ME

Hi, Luke here. This is my first book as a mindset coach. I struggled with overthinking for many years, but now I've helped hundreds of people overcome anxiety and overthinking through personal online one-to-one mindset mentorships.



I run the North-East's premier fitness training facility, Total Fitness Tribe.

I've mentored with some of the world's best in mindset and lifestyle creation, notably Tony Robbins, Brian Grasso, Dax

Moy, Phil Richards, Jordan Belfort, Martin Rooney, Paul Mort and many more.

I inspire and impact people day in and day out via my #dailyboom social media series.

I'm a public speaker at workplaces, training events and courses.

I'm the guy people can lean on and trust to understand them without judgement.

I'm a qualified personal trainer, problem solver and, in my previous life, plumber as well.

I believe you need to be an overachiever in helping people push through their barriers and limiting beliefs so that they live a life free from their trapped thoughts.

HOW OVERTHINKING TOOK OVER MY LIFE

I had a good upbringing with two parents that loved and cared for me, Mam a charity worker, Dad a fire fighter. We were never in any way rich, my parents did what they could and I feel very grateful for what they did for me. I feel I came from humble beginnings and was never given everything I wanted, but got everything I needed.

But, around four years ago in 2012, this was when it all began to change for me.

I had been a fulltime plumber for eight years and was hitting a low point in my life. I'd had a string of several failed relationships, several years of weekend drug and alcohol usage, a lot of womanising, nearly got sacked from my work and at one point, when the shit was really hitting the fan from all sides, I briefly considered taking my own life.

When I was a plumber, I had job security, holiday pay, sick pay, a good pension and a fixed routine, I had a mortgage, an Audi car and a pretty tidy wage for someone in their 20s.

But I was miserable, unfulfilled, pissed off and ratty.

And every Sunday night I'd get that feeling in my stomach, the knots of overwhelm, anxiety and fear that I wouldn't be able to handle it. I can't remember when it started exactly, but it went this way for several months. I just didn't want to wake up to the day and face it all.

Yet I would put on my 'happy mask' because 'nowt's a bother' right?

Man. I was full of shit.

Maybe you've felt lost like that too?

I needed to be honest that I wasn't happy. I was LYING to myself and everyone else. Seriously. I kept lying to myself that it was cool and I should feel 'lucky' to have a secure job and a house and others that cared for me. And I felt compelled to agree. I hid the truth for fear of judgement. I was a MAN and we're supposed to 'keep it together' right?

Then, one day, it hit me.

I thought to myself, "can I live the next 40+ years of my life truly happy like this?"

FUCK!

Like being slapped in the face with a wet salmon, I realised the power in the honest answer to this. And I say honest because, in the past, I was always quick to justify an answer like "Yeah, it's ok", when I was lying through my teeth.

And here's the first thing with "truly happy". Most people have no idea what that even means.

I didn't.

So, the first thing that came to mind when I answered that question (after the initial crippling fear of trying anything BUT what I knew) was

HOW?

- ⊗ how do I get out
- ⊗ how do I leave
- ⊗ how do I become happier
- ⊗ how. .how... how....

Then I'd get overwhelmed, scared and do nothing.

Sound familiar?

So, months passed where I kept asking 'how', looking online at successful people and thinking, 'how did they do it?'

Which led to guess what? More overwhelm. More overthinking.

Which turned into procrastination, then fear of it not working out.

And, so, it was back to acting comfortable.

But guess what.

Comfortable for me was *MISERABLE*.

WHY I WROTE THIS BOOK

The answer is very simple. I used to be very sad and unfulfilled and I found goal setting didn't work too well for me.

I've set so many goals in my life, yet achieved a lot fewer of them.

I felt stupid when I didn't do what I said I would. I found that these 'goals' sounded great, but they had very little focus apart from

⊗ 'I want to make £x in x days'

or

⊗ 'I want to be able to look like x in x months'

They were never profound enough to get massively excited about, and, as soon as something new and more exciting came

along, I'd look to that, get distracted and fail. Again. These repeated failures were always a blow to my self-esteem and confidence. I felt worthless and insignificant.

One of the most important things to human nature is the need to feel significant. That's why you set goals, isn't it? So you can feel your life has purpose. So you can feel proud and people will say things like 'good on you' or 'well done.' It gives meaning to what you do and makes you feel significant.

You may say you don't do it for the recognition, but you want to feel significant right? Special? Needed? Wanted?

When you're struggling, it's hard to tell anyone how bad things have got. It's tempting to take the easy route and keep living the lie.

It's time to stop forcing yourself to 'man up' and come up with a new way of living.

Us men have egos. Egos can actually be powerful, positive things when used correctly. But, when they're knocked, especially when you're struggling, the last thing you want to say is that it's all getting a bit much.

You don't want to seem weak or like you can't handle it, because you're an adult and you're supposed to cope with this stuff.

Absolute bullshit.

This is why there's so many people who slide into depression.

When do you step back and say

“Hey, I’m mega-struggling here... It’s hard... I’m confused... I feel I’ve lost myself... I can’t see a way to get back to feeling happy.”

When you’re feeling down, it’s easy to get preoccupied with what’s going wrong. I felt it myself, and I’ve seen it many times with the people who I’ve helped.

It’s easy to dwell on

- ⊗ the problems you face
- ⊗ the people who let you down
- ⊗ the situations you’re struggling with
- ⊗ the environment you’re stuck in
- ⊗ the work colleagues who don’t care
- ⊗ the lack of excitement

and on and on and on.

Ninety-nine per cent of the problems in people’s heads stem from the thought of a perceived lack of something. Such as

“I don’t have x, so I’m unhappy.”

Have you ever felt the underlying reason for your unhappiness is because you don’t have what you think will make you happy? Even though you have no idea if it will make you happy, because you haven’t got it?

Because you’re always striving to put things right, you end up feeling overwhelmed. Man, I hate overwhelm. It’s crippling, isn’t it?

- ⊗ so many thoughts, so little time
- ⊗ so many tasks, so little energy
- ⊗ so many problems, not enough solutions

Here's little quote for you from Brian Grasso,

"Happiness is not about finding reasons to make us happy. It's about releasing us from the reasons we're not happy."

WHO THIS BOOK IS FOR

It's for people like me! People who struggle with overthinking, worrying, procrastinating, lack of self-worth.

It's for people who have failed lots of goal setting attempts.

Maybe you're sick of your job or current business and want to change, but you're terrified.

Perhaps confidence is an issue in certain areas and you're struggling to understand your thoughts and emotions.

So, if you

- ⊗ are a business owner or career-minded
- ⊗ want a more fulfilling life
- ⊗ struggle with over thinking
- ⊗ feel insular and lonely
- ⊗ lurch from one quick fix to the next

and, very importantly,

☼ have tried goal setting and found it didn't work for you then THIS BOOK is for you! :-).

HOW TO USE THIS BOOK

I recommend you read this book from start to finish, rather than dipping in and out of sections that catch your eye.

Use a highlighter pen to mark any areas which stand out for you. Active learning helps things to stick in your mind.

I've deliberately kept this book simple. The brain likes to focus on just one thing at a time.

I have included lots of anecdotes from my life, not because I love to talk about myself, but because I have put in some hard yards and learned many a difficult lesson.

I have shared these stories with you to spare you some pain, delay or hardship in your progress. You'll also definitely not think "Why does this crap only happen to me!!!" I've had plenty of calamities too, trust me.

Use the progress sheets.

I've put two styles of progress sheets together to help motivate you, help you track how you're doing and keep you focused. There is a weekly and a daily progress tracking sheet.

You can download and print out your own copies at www.howtostopoverthinking.com.

I will teach you how to use these sheets to set weekly intentions, designed to forge your personal progress rather than set specific 'goals'.

You will need to complete your

- ✧ weekly 4Ps intentions sheet
- ✧ daily progress sheets

to get the most out of following my system.

Using these sheets, you will understand that *PROGRESS* is more important than *GOAL SETTING*. I'm here to get your mind and behaviour shifted to focusing on positive progress in your life. And *NOTHING* else.



ARE YOU STRUGGLING WITH ANXIETY AND OVERTHINKING?

Has overthinking destroyed your happiness and self-esteem? Do you want to free yourself from self-doubt and frustration and be more fulfilled? The simple techniques in the book enable you to...

- create a sense of calm and accept yourself as you really are
- take back control of your lifestyle
- take simple practical steps to improve your day-to-day living
- relish in making progress rather relying on goal setting as a guide

However bad your overthinking has become and however long you've had it, you can recover, you can get better. Using the strategies and real-life examples from the author's own anxiety journey, this book shows you how you can get the life you deserve.



Luke John Harrison was plagued with crippling overthinking and anxiety for years. Struggling in a job he hated, numbing the pain with an over indulgence of drugs, alcohol, not to mention womanising, his life was filled with endless heartache.

By trial and error, Luke discovered the secret to calming overthinking by abandoning goal setting and coming up with his own strategy. With a massive passion to help fellow sufferers, Luke wrote this book to assist you to reclaim your future and live the happier, more fulfilled life you crave.

Find out more at: www.howtostopoverthinking.com.

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BRIAN GRASSO - MINDSET COACH

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