

Cori
JAVID

DETOX THE OVERWHELM AND RESTORE BIZ BALANCE



www.corijavid.com

Hello Lovely!

Thanks for downloading the Detox The Overwhelm & Restore Biz Balance Template!

You're a busy Mama and business owner. You don't need information.
You need the ANSWER, right?

I've got you covered. My Limitless Mother Templates deliver strategy, mindset and a dash of woo. Which translates to clear, concise action steps you can take TODAY to get the task at hand not just done, but done well. And with an added sprinkle of woo, I've set you up for success with a tried and tested manifestation tip (that part's the woo) to skyrocket your results.

But before you get cracking with this template, it's only proper that I introduce myself..

Hello! I'm Cori Javid, a Success Coach and Business Mentor for mothers with online businesses and I believe that we get to be successful because we are mothers, not in spite of it. I specialise in helping my clients build flexible, fulfilling and profitable businesses without the struggle or sacrifice.

If you want to find out a bit more about me, my podcast and how I work with my clients, you can do that right here: **corijavid.com**



Cori x

Ready to Detox The Overwhelm & Restore Biz Balance?

So you're feeling overwhelmed, the mere suggestion of balance seems like a joke and your To Do list only gets longer.

I feel you, Mama.

But whatever your circumstances, whatever curve-ball life has thrown at you, know this: it IS possible to shift out of your feeling of overwhelm, adjust to your new norm and restore a sense of balance in your life... FAST.

I have been helping Mamas - just like you - to end overwhelm and cultivate a sense of balance for years now. This is my jam.

Suffice to say: I got you.

Let's get started...

HERE'S HOW IT'S GOING TO WORK

I've recorded an audio training to guide you through this Overwhelm Detox process and to talk you through the activities in this template workbook. It's a listen and do, type of vibe :)

Don't attempt to complete this workbook without listening along, it won't make sense!



So open your **Feel Better Bundle** page by clicking [here](#) and hit play on the **Detox the Overwhelm Training** audio.

THEN GRAB A PEN, SETTLE IN AND OFF WE GO.

Balance Is An Inside Game

Click here to listen to Part One of the Overwhelm Series over on The Limitless Mother Podcast, if you haven't already.

GET IT ALL OUT

Brain dump ALL of your To Do list here:



GET IT ALL OUT

The other things that I find myself doing:



NOTICE

Use the space below to note down how you're feeling about everything you need to do. Don't judge or censor your thoughts and feelings, just write them down:



Use the space below to notice the pressure you are feeling. Complete the sentence “I am feeling pressure to...” as many times as feels true for you:

I AM FEELING PRESSURE TO...

BUSINESS

	CREATING CONTENT	SALES + MARKETING	CLIENT WORK/ SERVICE DELIVERY/ PRODUCT CREATION	CEO TIME	BUSINESS ADMIN	LEARNING /THINKING
PRIORITY TASKS & ACTIVITIES						
OTHER TASKS & ACTIVITIES						
TIME SPEND						

TOTAL FOR BUSINESS _____

FAMILY AND HOME

YOU

FAMILY TIME

HOME SCHOOLING

LIFE ADMIN/CHORES

**MINDSET WORK/
MEDITATION**

DOWN TIME

EXERCISE

SELF CARE

PRIORITY TASKS & ACTIVITIES

OTHER TASKS & ACTIVITIES

Cori's Categories & Time Spend Worksheet

TIME TO PLAN!

Your Weekly Schedule Planner

MY PRIORITIES:

- #1 Happy clients & customers
- #2 Family time
- #3 Me time

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00	Me time →						
7:00	Create	Misc	CEO	Sales &	Record Podcast		
8:00	Content		time	Mktg			Run
9:00						Weekly Clean	
10:00	← Home school →						
11:00							
12:00	L	U	N	C	It		
13:00	Basecamp	Client Calls			Basecamp		
14:00	MM Call	and			Run		
15:00		Basecamp			Family Time		
16:00	Family Time				Family Time		
17:00							
18:00	← FAMILY TIME →						
19:00					Date		
20:00	Chill	→				Night	

DITCH OVERWHELM AND RESTORE BIZ BALANCE

Cori's Priorities & Categories Worksheet

BUSINESS						
	CREATING CONTENT	SALES + MARKETING	CLIENT WORK/ SERVICE DELIVERY/ PRODUCT CREATION	CEO TIME	BUSINESS ADMIN	LEARNING /THINKING
PRIORITY TASKS & ACTIVITIES	Podcast ²⁰ min outline Tuesday email ²⁰ min Record podcast 1hr	Discovery Calls 1hr Writing promo posts 20min	Client calls 8hrs Basecamp 3hrs	Check in with team 1hr		Mastermind & Coaching Calls 1hr
OTHER TASKS & ACTIVITIES	Creating new templates Other social media posts	Engaging on social media Writing promo emails Livestreams Podcast interviews		Finances Planning Business building activities	Emails	Mastermind workbooks Engaging in MLM FB group
TIME SPEND	1 hour 40	1 hour 20	11 hours	1 hour		1 hour
TOTAL FOR BUSINESS	16 hours/week		20 hours available			

FAMILY AND HOME				YOU			
	FAMILY TIME	HOME SCHOOLING	LIFE ADMIN/CHORES	MINDSET WORK/ MEDITATION	DOWN TIME	EXERCISE	SELF CARE
PRIORITY TASKS & ACTIVITIES	Lunch together Dinner together Bedtime stories	Reading Math English	Make the beds Weekly clean	Journaling Limitless Money	Read	Yoga	Bath Early to bed Healthy lunches
OTHER TASKS & ACTIVITIES	Family bike ride Movie night Board games PE with Joe	Science Art Geography Music		Meditate Guided meditation	Listen to podcast/ uplifting audios Netflix	Run Walk	Paint nails Hair ???!

Dash of Woo

It wouldn't be a Limitless Mother Template without a Dash of Woo!

WHAT IS A DASH OF WOO?

A Dash of Woo is a practical manifestation or mindset tip designed to turbo charge the tips, process and strategies I've shared with you inside this template.

THIS TEMPLATE'S DASH OF WOO...

Here's the thing about having a plan to detox that overwhelm: for it to work, you need to stick with it. Overwhelm is very much linked to feelings of unworthiness, because we get ourselves into that state of overwhelm by:

- Not having energetic boundaries (i.e. saying yes to too much and not feeling worthy of prioritising our own wants and needs)
- Not taking proper care of ourselves (i.e. not feeling worthy of making that time and giving ourselves that attention)
- Putting too much pressure on ourselves to be perfect in all areas (i.e. feeling like our worth is derived by how good of a mother/business owner/wife/friend/neighbour we are)
- Feeling like we can't ask for help, invest in support or delegate (i.e. not feeling worthy of being supported)
- Not honouring our commitments to ourselves and sticking to our plans (i.e. not properly valuing our own time)

Therefore, the secret to taking this plan you've created and really making it work, really detoxing that overwhelm and restoring balance, lies in your cultivation of that sense of self worth.

So this Dash of Woo is not one to be passed over, Mama. This stuff matters!

Here's what I'd love you to do, adopt the following mantras as your own. Say them out loud daily. Or record yourself saying them and listen to them daily. Or write them out daily in your journaling practice. Whatever works for you. But the key is regular repetition. The more we tell ourselves a thing, the more it lodges in our subconscious and becomes our truth.

Dash of Woo

It wouldn't be a Limitless Mother Template without a Dash of Woo!

The next time you feel yourself wobble and about to immediately say “yes” to something, or put off your plan for self care, or let someone or something railroad your plans, pause, pick one or all of the below mantras, say it to yourself, take a deep breath and then make your decision with intention.

Before you know it, you'll have totally detoxed and that overwhelm will be a thing of the past!

OVERWHELM DETOXING & WORTHINESS BOOSTING MANTRAS:

I am worthy of being supported

I uphold my energetic boundaries

My time is precious and valuable and I spend it with intention

I honour my commitments to myself

I prioritise myself and my energy