

**HOW TO STOP
BEING AN
OVERACHIEVER**
Cheatsheet

WHY IT'S HARD TO STOP BEING AN OVERACHIEVER

*Revisit the blog article [here](#).

- You learned from an early age that achieving wins you approval from your parents, teachers and peers. Their praise felt good and motivated you to work harder.
- First-generation children feel immense pressure to succeed to appease their families.
- Overachieving is a coping mechanism that protects you from dealing with fear, self-doubt, anxiety, stress, anger, frustration and shame.

ENJOY THE PROCESS MORE

- When you chase external goals like good grades and promotions, it can hinder your performance. Psychologists call this type of motivation “extrinsic”.
- When you do an activity just because you love it or find the challenge exciting, it’s an “intrinsic” motivation.
- Tying your happiness and worth to external factors is like trying to grasp a cloud—ephemeral and ever-changing.
- Honor each step of the process and enjoy your progress.
- *[Be] aware of the beauty and the miracle of life that unfolds all around you when you are present in the Now.* —Eckhart Tolle, *The Power of Now*

LET GO OF “NO PAIN, NO GAIN”

*Revisit the blog article [here](#).

- Downtime actually increases productivity, recharges your batteries and boosts creativity.
- Prioritize free time. Take a 20-minute walk or nap. Observe life at a café à la française.
- Doing less is ok.

BEFRIEND YOUR INNER CRITIC

- Your inner critic, that judgmental voice in your head, does its best to ensure you feel safe, loved and accepted.
- It can abuse you to correct your behavior, so that you gain others' approval, by blaming, comparing, setting unrealistic standards, reminding you of your failures and shaming you.
- Have a heart-to-heart talk with your inner critic. Let it know you're grateful it took care of you and that you've got it now.

ASK LIFE-CHANGING QUESTIONS

- It's easy to fall prey to popular images of success. Don't sacrifice your well-being or time with loved ones; ask yourself, *Is it worth it?*

*Revisit the blog article [here](#).

- When you shun breaks, stress about your to-do list or feel you *must* be #1, take a deep breath and contemplate: *Who am I without my achievements? What legacy do I want to leave behind? What's my purpose?*
- Dare to ponder the miracle of life, the probability of your being born estimated at one in 400 trillion: *What is reality? Where do thoughts come from? Where does the universe end?*
- Enlarge your perspective to clarify what's most important to you.

YOU'RE MORE THAN YOUR ACHIEVEMENTS

- We all feel the pressure to be and do more.
- Let's cultivate a world where we lift each other up.
- Don't wait for a breaking point.
- Claim this moment now.

P.S. Need help letting go of being an overachiever? Check out my [coaching services](#).