

[THRIVING IN A CRISIS]  
**JOY IN THE JOURNEY**  
FOR PROFESSIONALS

CJ MCCLANAHAN



# YOU ARE NOT ALONE...

In one of the largest studies of burnout, Gallup found that 60% of people are emotionally detached at work and 19% are miserable.

Further, United States employees are the most worried and stressed-out in the world.

Add inflation, global supply chain issues, the Great Resignation, and (in case you forgot) a Russia-Ukraine war, and we have a recipe for disaster.

There are millions of overachievers – just like you and me – struggling with real issues, wondering if there's a better way. Can you find peace amidst the chaos?



## TO MY FELLOW [RECOVERING] OVERACHIEVERS

Since 2003, I've helped motivate successful leaders just like you to achieve breakthrough goals.

After spending more than 10,000 hours advising overachievers, I've seen again and again that at their core, everyone wants the same thing – more satisfaction from all the hard work. All it takes is some small shifts in thinking, and that peace and joy is yours.

My goal is to provide you with some useful tactics to help you arrive at a place of peace, fulfillment, and joy in your life. If you need more help, please [email me](#). I personally read and respond to each one.

Thanks for letting me be a part of your journey!

*CJ McClanahan*



# THE CRITICAL THREE

There are 3 key factors that heavily influence your ability to enjoy the journey, deal with stress, and lower your anxiety – both personally and professionally.

## → Purpose

We are all wired differently. Your happiness is impacted by the amount of time/energy you're able to spend on the activities that fit your unique skills/abilities.

## → Well-being

Your satisfaction with life is built upon a foundation of physiological and psychological health. Without both, everything else is irrelevant. Committing time and focus to these critical factors could significantly reduce your stress.

## → Relationships

The research is clear; you can bear almost any challenge if you've spent time building meaningful relationships with the people you love the most. Don't panic... Most people struggle with this one. Take the time to make small improvements, and it will deliver huge benefits!

Think you might need some work in one of these areas?

The Achiever's Compass™ will identify which of these key areas you can focus on to reduce the most stress.

Take the  
Achiever's Compass™





# "THAT'S GREAT. BUT, WHAT'S NEXT?"

-Every overachiever in the history of humankind

## BREATHE...

Overachievers are hard wired to do two things: control and win. There is not a single problem we haven't thrown 100 tactics at in order to beat whatever is standing in our way, including our own stress and anxiety. Here are some key questions to help lower stress and regain clarity during a crisis.

### Can I control this?

Whether you're religious or not, you can probably appreciate this simple prayer –

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.” -The Serenity Prayer

Focus on those things that you can do something about and ignore everything else. When you feel your brain worry, ask a simple question – Can I control this? If the answer is “no” (which it normally will be), then let it go.

### Can I do anything about this in the next 8 hours?

Another type of fuel that leads to excessive worry is borrowing trouble from the future or beating yourself up over past mistakes. Unless you've got a time machine, most of this angst is pointless.

When you feel your brain drift into the past or future unnecessarily, ask a simple question – Can I do anything about this in the next 8 hours? If the answer is “no” (which it normally will be), then let it go.

### Who else is going through a hard time right now, and how can I reach out to them in a meaningful way?

Obsessing over what could go wrong in your current situation is fuel for your anxiety. All this stress leads to hurried decisions which results in poor outcomes. The best strategy for removing this fuel is to focus on the needs of others.

We all know someone who's going through a difficult time. Reach out to them and do something to improve the quality of their life. Do this enough and your stress will nearly disappear.





## NEED A SPEAKER?

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Contact me directly with your event details or questions about any of the keynote topics below.

- **Stress & Burnout**
- **Recruitment & Retention**
- **Productivity & Focus**

**BOOK CJ**