

Overwhelmed Founder OS

Founder Brain Reset Kit

Operational relief for whatever your bandwidth.

ARRIVE

The company in your *head*.

THE BUSINESS CAN LIVE OUTSIDE YOUR HEAD FOR THIS ROUND.

Not a hustle planner. Not a productivity challenge. A quiet operating kit for founder overwhelm.

One route at a time. Stop whenever enough.

OVERWHELMED FOUNDER OS

Quiet command room

Built around Capacity-Safe design principles for builders carrying the company in their head.

HOW TO USE

1. Start with Safety.
2. Put down one business thread — if useful.
3. Choose a route only when choosing feels possible.
4. Stop whenever enough.
5. Return without catching up.

NOTHING RIGHT NOW?

No business decision.

No sorting.

No planning.

No explanation.

Close the kit. Nothing else is required.

Start gently — Safety is next.

You are not the business.

The business may matter deeply — but it is still not you.

Overwhelm can come from too much business demand being held internally — not a lack of effort.

Nothing right now? Stop here. Nothing else is required.

Need a person instead? This kit can wait — a cofounder, trusted person, advisor, accountant, attorney, or emergency/crisis support may be the right path.



Nothing on this page requires action.

Company-in-Head Dump

A holding space — not a to-do list.

No categories yet. No strategy yet. Let the business leave your nervous system.



*What is your brain trying to hold
for the business?*

Ideas, worries, money, product, content,
people, tasks, avoidance, fear. Fragments
count.

♡ FEELS LIKE: *A place to put it down*

Stop whenever enough.

One Business Thread

Choose one thread — only if useful.

Put it in one place: Known today · Build later · Can wait · Emotional pressure · Needs human / professional judgment · Leave unsorted

Everything else can remain outside this exercise for now. Known real-world deadlines still apply.

Thread — optional

Where I put it — optional

One thread is enough — or none

One Bounded Business Step

Not the perfect step. One small, reversible step — if useful.

Small. Low demand. No big prep ritual. Rest or no movement is also valid.



*One step that feels possible — or
none*

Partial counts. Rest counts.



♥ FEELS LIKE: *A soft yes, not pressure*

One step written is enough — or none

This round can end here.

You did enough for this round. Nothing to catch up. Return whenever you want.

This kit does not expire. Real business obligations still follow their actual dates.

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