

Drawing



Overload  
Octavia

<b>Name</b>	The Overloaded Optimizer
<b>Activated Role</b>	A highly motivated but easily overwhelmed student planner who relies on structure to follow through
<b>Goal</b>	I want to consistently follow through on my planned tasks because staying on track helps me feel in control, reduces stress, and reassures me that I'm making progress toward long-term goals.
<b>Motivation</b>	To feel in control, reduce my anxiety, and gain reassurance that they are making steady progress toward long-term goals.
<b>Conflict</b>	I genuinely care about planning and improvement, but become overwhelmed when plans feel too rigid or when unexpected tasks disrupt their schedule. This leads to avoidance, guilt, and abandoning systems that once felt helpful.
<b>Attempts to Solve</b>	<p>Uses planners, to-do lists, and digital calendars , but then, <i>Initially helpful, but abandoned when they fall behind</i></p> <p>Sets reminders and alarms , but then, <i>Often ignored once stress increases</i></p> <p>Tries to "catch up" by overloading future days , but then, <i>Creates more overwhelm and decreases follow-through</i></p>
<b>Setting/ Environment</b>	<p>Dorm room or bedroom (late at night or early morning)...</p> <p>Libraries or study spaces</p> <p>On their phone between classes or obligations</p>
<b>Tools</b>	<p>iPhone reminders and calendar</p> <p>Notes app or digital to-do list</p> <p>Laptop for planning and tracking</p>
<b>Skills</b>	<p>Strong self-reflection</p> <p>High motivation when emotionally regulated</p> <p>Ability to plan effectively <i>when not overwhelmed</i></p>
<b>Habits</b>	<p>Mentally tracking tasks instead of writing them down</p> <p>Postponing tasks when plans feel "already ruined"</p> <p>Re-planning rather than resuming mid-plan</p>
<b>Routines</b>	<p>Checks phone immediately after waking up</p> <p>Reviews deadlines at the start of the day</p> <p>Attempts to plan tasks in chunks (daily or weekly)</p>