

11 STEPS TO HAPPINESS



by Rohas Nagpal

1. Fix Your Overthinking

What if I mess up?

What if they hate me?

What if I made the wrong choice 3 years ago?

Welcome to the Overthinking Loop.

It starts with one small worry and ends with you reliving that embarrassing thing you said or did years ago.

Here's the thing: overthinking feels like solving a problem, but it's actually just marinating in fear.

You end up exhausting yourself without making any decisions, taking any action, or getting any peace.

It's like running on a treadmill and wondering why you're not arriving anywhere.



You are overthinking if you are ...

...replaying conversations in your head for hours

...imagining every possible worst-case scenario

...obsessing over tiny details

...being mentally exhausted but doing nothing

...asking everyone for advice and still not deciding

Here's how to break the overthinking loop

Action 1

Write the question below in a paper diary. Not on your phone. Not on your laptop. Use an actual pen. Write on actual paper.

What's one thing I've been mentally circling that I haven't actually taken action on?

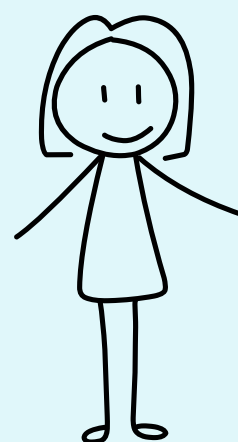
Now set a timer for 2 minutes, close your eyes, and think about this question.

Action 3

Now take that imperfect action today!

Do **NOT** continue with this book till you take that action.

I finally asked **SS** out to watch *Cliffhanger*. It turned out that she was a Stallone fan and had been wanting to see the movie.



It also turned out that she was going to watch it that weekend with her boyfriend!

Action 4

The next time you notice that you are overthinking, say this aloud: “*I am overthinking.*”

If that does not break the loop, write down what you’re assuming versus what you actually know. As before, do not type this in. Write it down.

Action 5

Replace “what ifs” with “even ifs.”

Example: Instead of “What if it goes wrong?” say, “Even if it goes wrong, I’ll handle it.”

Action 6

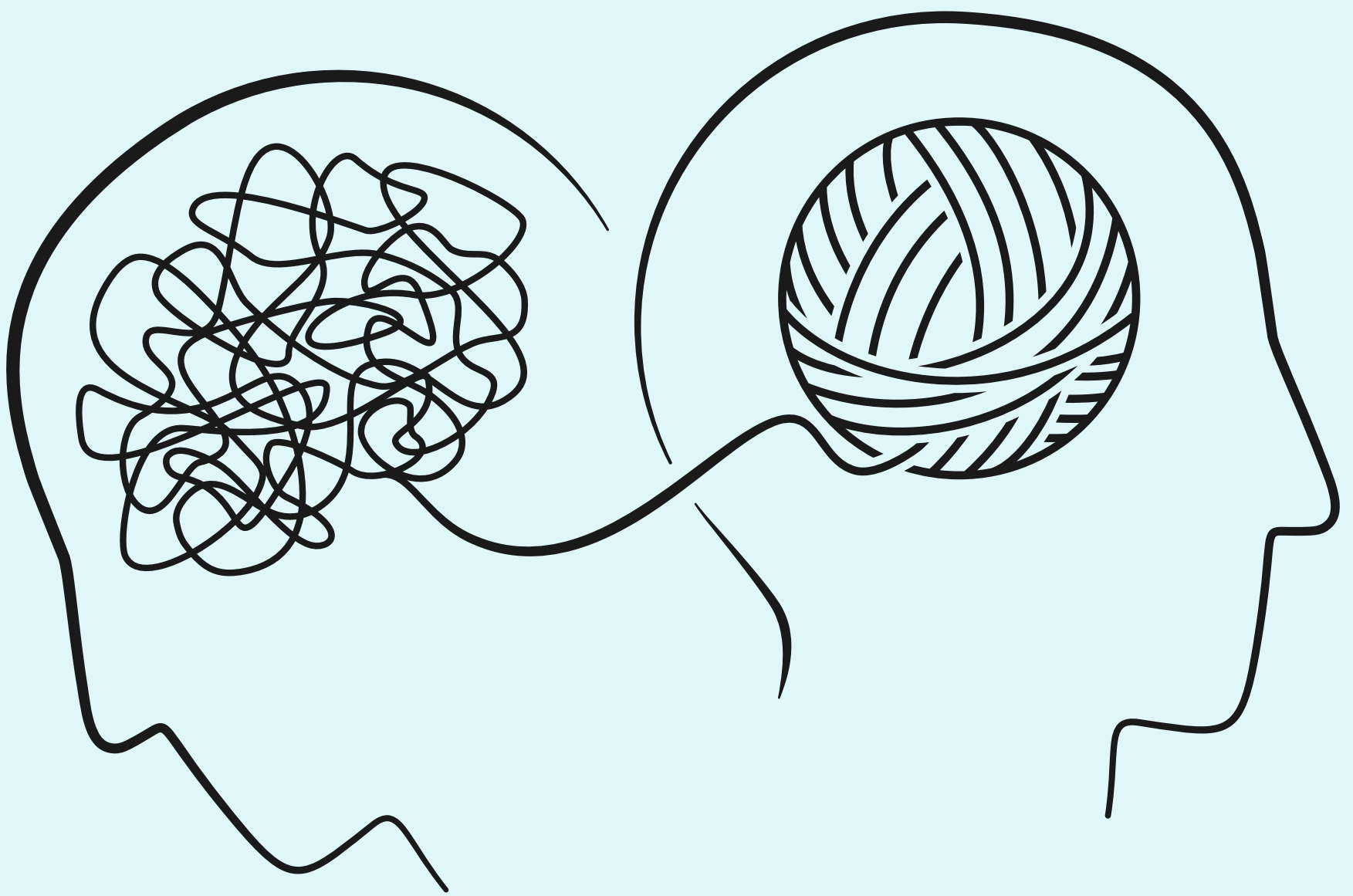
The next time you notice that you are overthinking, go for a short walk. This can reset mental patterns.

Action 7

On the first Sunday of every month, ask yourself these questions:

- 1.** When something small goes wrong, do I instantly imagine the worst outcome.
- 2.** Do I replay old mistakes even when nothing can change them.
- 3.** Is it hard for me to stop a worry once it starts.

If you answered Yes to even one of these questions, re-read this chapter.



OVERTHINKING IS THE ART
OF CREATING PROBLEMS THAT
WEREN'T EVEN THERE.

Sir Thinksalot

2. Fix Your Decision Fatigue

You're not lazy.

You're just tired of making decisions.

From “*what do I wear?*” to “*should I quit my job and move to another city?*”, your brain is constantly sorting, filtering, prioritising, and choosing.

And after a certain point, even tiny choices feel enormous.

That's decision fatigue. It's when your brain's ability to make choices runs out of fuel.

You get overwhelmed, avoidant, irritable, or frozen. You scroll instead of taking action.

You panic over small stuff.

You leave messages unread because choosing what to say feels like choosing a tattoo.



Why It Happens

Your brain doesn't separate serious choices from non-serious ones. It uses energy either way.

Choosing between 4 brands of peanut butter?
Energy used.

Picking which text to reply to first?
Energy used.

Deciding what to eat, wear, say, post, reply, watch? Energy used.

By mid-day, you're wiped. You start avoiding everything, or making random decisions just to be done.

You're in Decision Fatigue Mode if...

...you leave people on "read" for hours or days

...you keep asking others for advice but ignore the answers

...you feel weirdly exhausted after doing basically nothing

...you say "I don't know" even when you do.

How to reduce decision fatigue

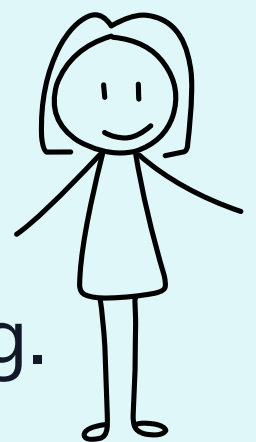
Action 1

Pick one decision you make every day and automate it.

Breakfast? Set a time-table. For me that's pancakes on Sunday and sprout salads and cold coffee for the other 6 days.

Clothes? Create a go-to outfit formula. For me that's blue jeans and a black tshirt everyday. If there's a formal event, then a black suit. For running its black shorts and a black tshirt.

This was something **SS** could never do. She agonized over what to wear. Although the result was always amazing.



Action 2

Before your brain gets hijacked by the chaos of the day, write down the 3 things that matter most today.

Just 3 things that you have to do today. And then do them.

Action 3

If a decision keeps coming back like an unskippable YouTube ad, make a once-and-done rule.

Here's what works for me.

I reply to WhatsApp messages twice a day - just after lunch and on the way back from the stadium.

I check social media for 20 minutes after breakfast. And I always say no to work events on weekends.

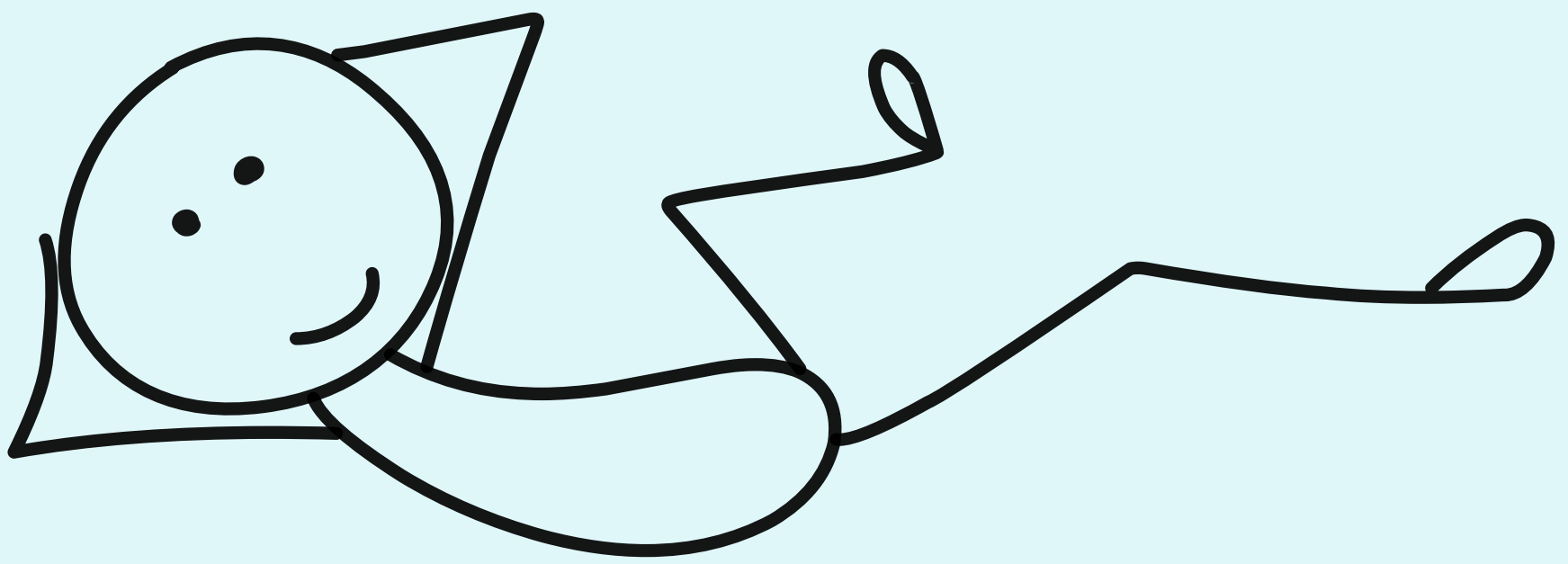
Make the rules.
Follow them.

Action 4

Too many options = brain meltdown.

If choosing between simple things (what to eat, what to listen to, what to watch) paralyzes you, there are 3 ways to solve it.

Use the “first thing that looks good” rule, or flip a coin or let a friend decide for you.



THE FEWER CHOICES YOU
MAKE, THE MORE ENERGY YOU
HAVE FOR WHAT MATTERS.

Sir Thinksalot

3. Fix Your Inner Voice

Does your inner voice ever say things like this?

You are lazy.

You are stupid.

You are ugly.

You are worthless.

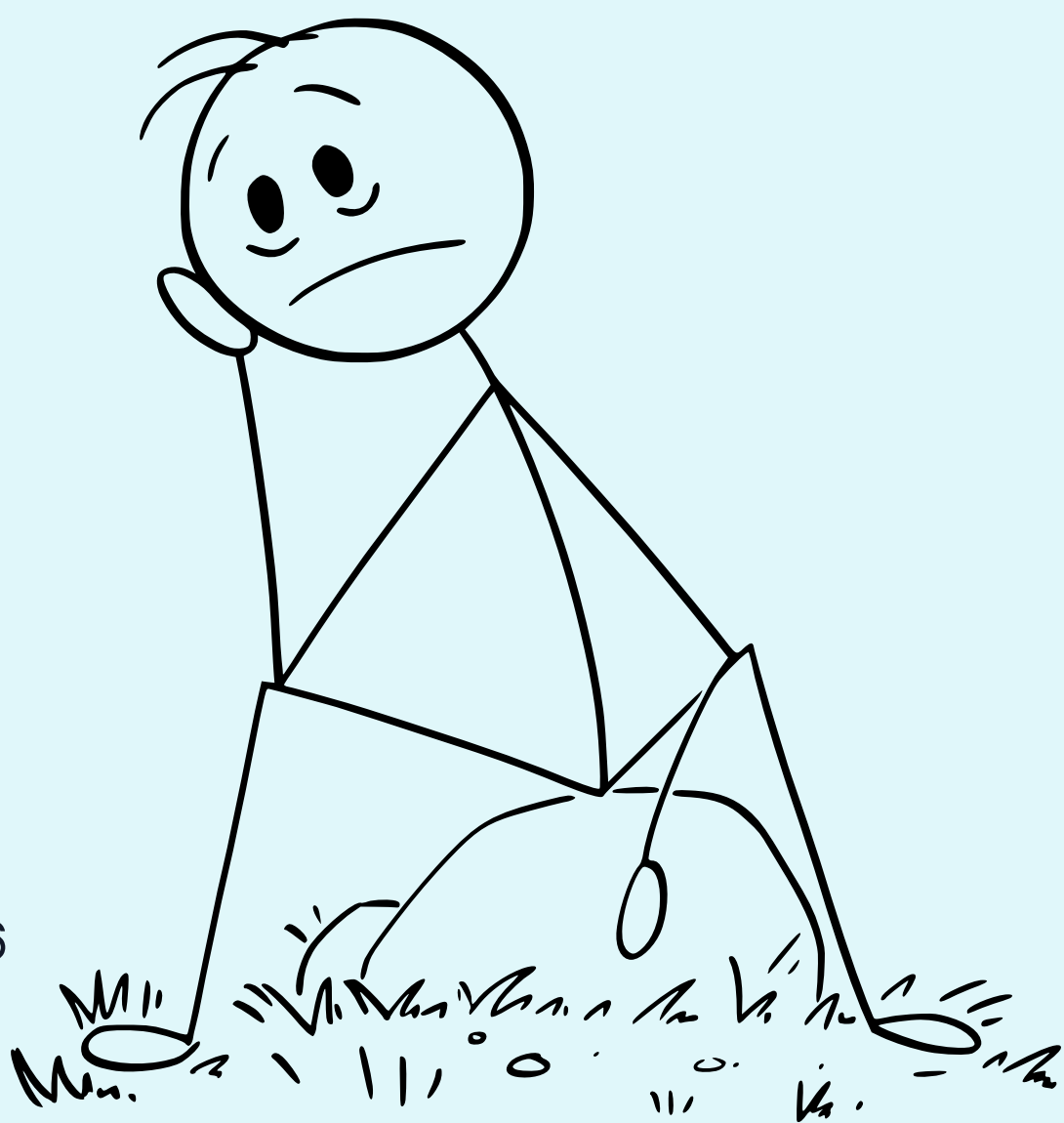
No one likes you.

It's usually NOT true.

It's stuff your subconscious mind picked up from social media, TV shows or toxic people you've had the misfortune of meeting.

Here's the good news: you can challenge and change your inner voice.

You just need to be fair and honest with yourself, instead of being cruel and automatic.



How to fix your inner voice

Action 1

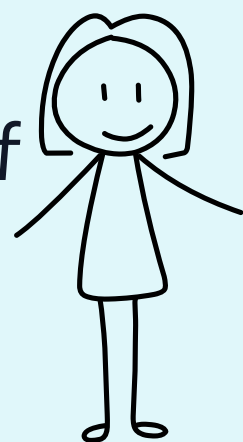
Your inner voice says something mean like:
I'm so dumb.

Write it down in your diary - the paper one!

Now challenge the thought.

- What triggered it?
- Is it actually true?
- If its true, how can I improve?

Back in college, every conversation with **SS** made my inner voice go: *You're out of your depth. You're not smart enough to be here. Stop talking before she notices.*



Turns out my inner voice was quite correct.

She talked about quantum mechanics and string theory while I was still struggling to understand deferred tax liabilities.

I figured that my conversations with her should shift to topics I knew more about.

And when our conversations shifted to chess, my inner critic shut down.

Action 2

Take your most common negative thoughts and write **rebuttals** (I studied law so I have to use some legal words) you can remember.

Your inner voice says:

I'm too broken.

You say out loud:

I'm healing. That's a process, not a flaw.

Your inner voice says:

I'm lazy.

You say out loud:

I'm overwhelmed, not lazy.

Your inner voice says:

I can't do this.

You say out loud:

I can't do this yet. But I will figure it out.

Action 3

Every morning, stand in front of the mirror and say out loud:

I'm doing my best, and that's enough.



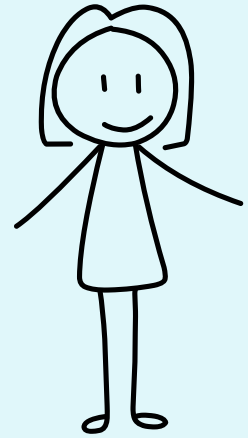
EVERY MORNING, SAY OUT LOUD:
I'M DOING MY BEST, AND THAT'S ENOUGH.

Sir Thinksalot

How to handle stress like a Pro

Different things work for different people.

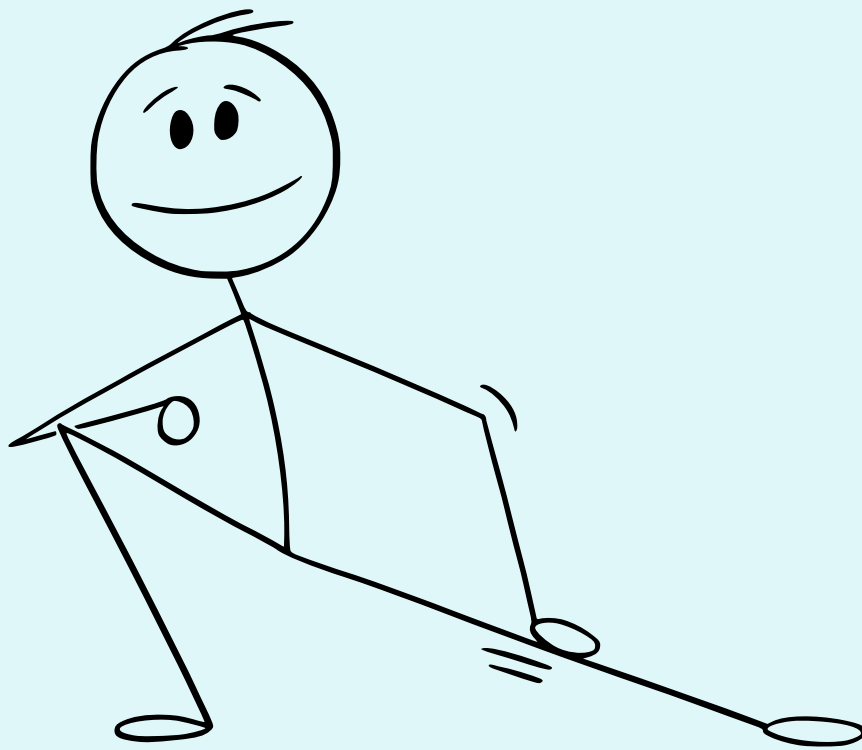
For **SS** it's screaming into a pillow, or splashing ice cold water on her face. For me it's boxing a heavy bag or sprinting as fast as I can.



Try some of these and tell me which works best for you.

1. Splash cold water on your face and neck.
2. Hold an ice cube in your hand for 30 seconds
3. Box breathe: Inhale 4, hold 4, exhale 4, hold 4. Repeat 4 times.
4. Scream into a pillow.
5. Sprint or jog, even for a minute.
6. Punch a sandbag or shadowbox.
7. Do 10 jumping jacks, burpees, or pushups.
8. Shake your arms, legs, and shoulders for one full minute.

- 9.** Dance to a loud or ridiculous song.
- 10.** Tense and release each muscle group.
- 11.** Stretch your neck, shoulders, and back.
- 12.** Go for a walk without your phone.
- 13.** Take a hot shower or bath.
- 14.** Use a familiar scent (perfume, oil, lotion, shampoo) to calm your senses.
- 15.** Brain dump: write every anxious thought out, unfiltered.
- 16.** Name your stress. Write in your diary: “I’m overwhelmed by ____”.
- 17.** Write down 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
- 18.** Chew gum. It activates your parasympathetic nervous system.
- 19.** Stomp your feet on the ground to reconnect with your body
- 20.** Laugh at something stupid. Govinda movies work well for me.



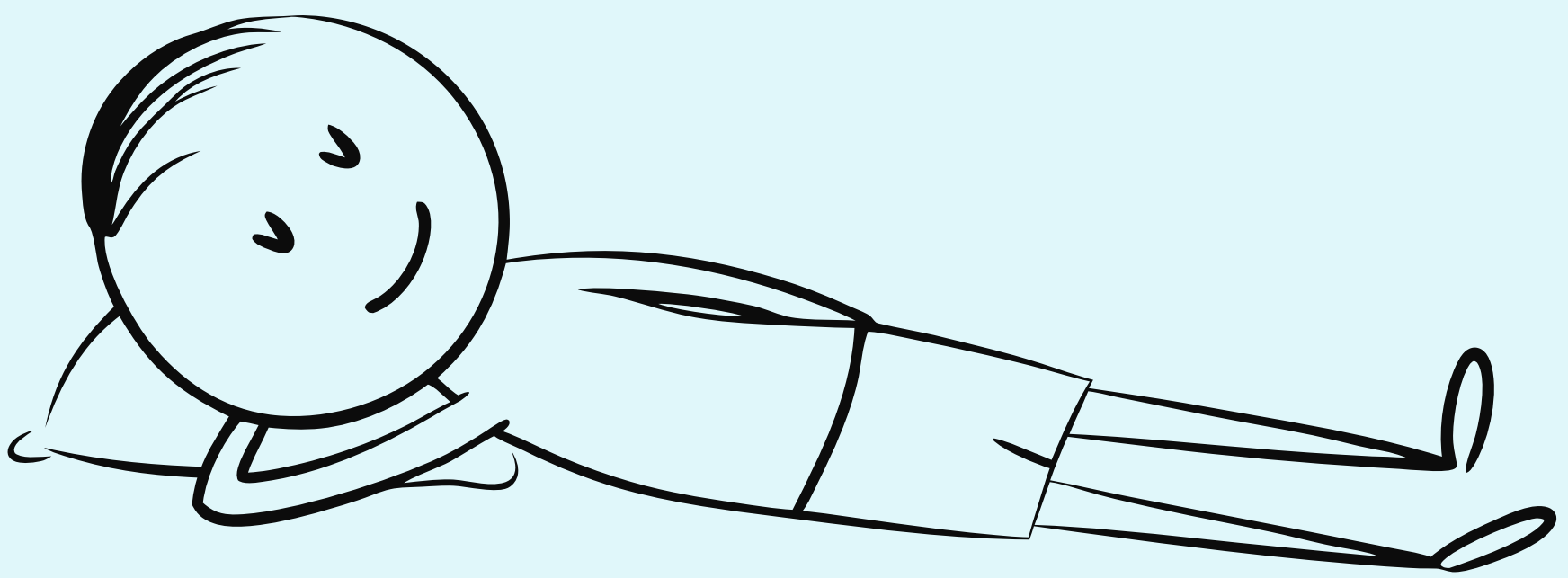
YOU DON'T NEED TO THINK
THROUGH STRESS. YOU NEED
TO MOVE THROUGH IT.

Sir Thinksalot



EXERCISE BOOSTS YOUR MOOD,
LOWERS STRESS, IMPROVES SLEEP
QUALITY, BOOSTS CONFIDENCE &
SUPPORTS LONG-TERM BRAIN HEALTH.

Sir Thinksalot



SLEEP IS THE MOST
PRODUCTIVE THING
YOU DO ALL DAY.

Sir Thanksalot



DON'T EAT YOUR FEELINGS
EVEN IF IT'S BIRTHDAY CAKE.

Sir Thinksalot



START YOUR MORNINGS BY DANCING
TO YOUR FAVOURITE SONG

Sir Thinksalot

