



OVERTHINKING

Personal Development in English



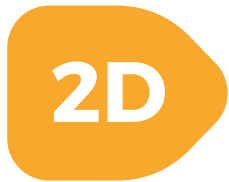
FOR ALL GENERATIONS

ASPINTOA® creates a learning system that is enjoyable and visibly moves learners forward - from beginners to professionals. We are here for everyone who is not afraid of innovation and change.

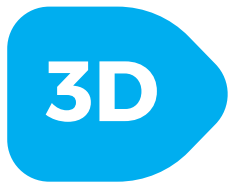
DISCOVER THE FUTURE OF LEARNING WITH US



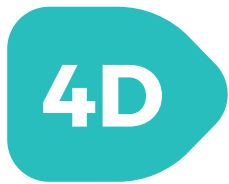
LANGUAGES & COMMUNICATION
WORDESO® - specialist in developing understanding



PERSONAL DEVELOPMENT & MENTAL HEALTH
DIALOGIS® - specialist in developing empathy



LEADERSHIP & MANAGEMENT
GRAMMAX® - specialist in developing critical thinking

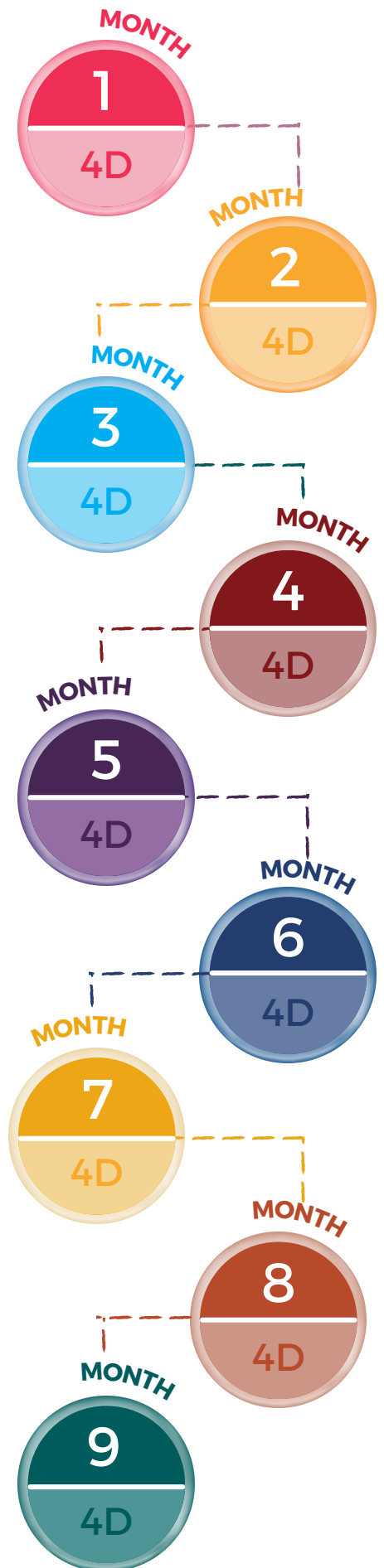


ENTREPRENEURSHIP & CREATIVE THINKING
INFITY® - specialist in developing creative thinking

Get in touch - we'll be happy to help!

info@aspintoa.com

www.aspintoa.com



DESIGN YOUR OWN LEARNING JOURNEY

1
4D

MONTH 1
START

WEEK 1  PROJECT 1	WEEK 2  PROJECT 2	WEEK 3  PROJECT 3	WEEK 4  PROJECT 4
--	--	--	--

2
4D

MONTH 2
SPEAK

WEEK 5  PROJECT 5	WEEK 6  PROJECT 6	WEEK 7  PROJECT 7	WEEK 8  PROJECT 8
--	--	--	--

3
4D

MONTH 3
SHINE

WEEK 9  PROJECT 9	WEEK 10  PROJECT 10	WEEK 11  PROJECT 11	WEEK 12  PROJECT 12
--	--	--	--

4
4D

MONTH 4
IMPROVE

WEEK 13  PROJECT 13	WEEK 14  PROJECT 14	WEEK 15  PROJECT 15	WEEK 16  PROJECT 16
--	--	--	--

5
4D

MONTH 5
IMPRESS

WEEK 17  PROJECT 17	WEEK 18  PROJECT 18	WEEK 19  PROJECT 19	WEEK 20  PROJECT 20
--	--	--	--

6
4D

MONTH 6
INSPIRE

WEEK 21  PROJECT 21	WEEK 22  PROJECT 22	WEEK 23  PROJECT 23	WEEK 24  PROJECT 24
--	--	--	--

7
4D

MONTH 7
TEACH

WEEK 25  PROJECT 25	WEEK 26  PROJECT 26	WEEK 27  PROJECT 27	WEEK 28  PROJECT 28
--	--	--	--




8
4D

MONTH 8
TRAIN

WEEK 29  PROJECT 29	WEEK 30  PROJECT 30	WEEK 31  PROJECT 31	WEEK 32  PROJECT 32
--	--	--	--

9
4D

MONTH 9
TRANSFORM

WEEK 33  PROJECT 33	WEEK 34  PROJECT 34	WEEK 35  PROJECT 35	WEEK 36  PROJECT 36
--	--	--	--

ASPINTOA® REAL CHANGE

ASPINTOA® creates a learning system that is enjoyable and visibly moves learners forward - from beginners to professionals. We are here for everyone who is not afraid of innovation and change.

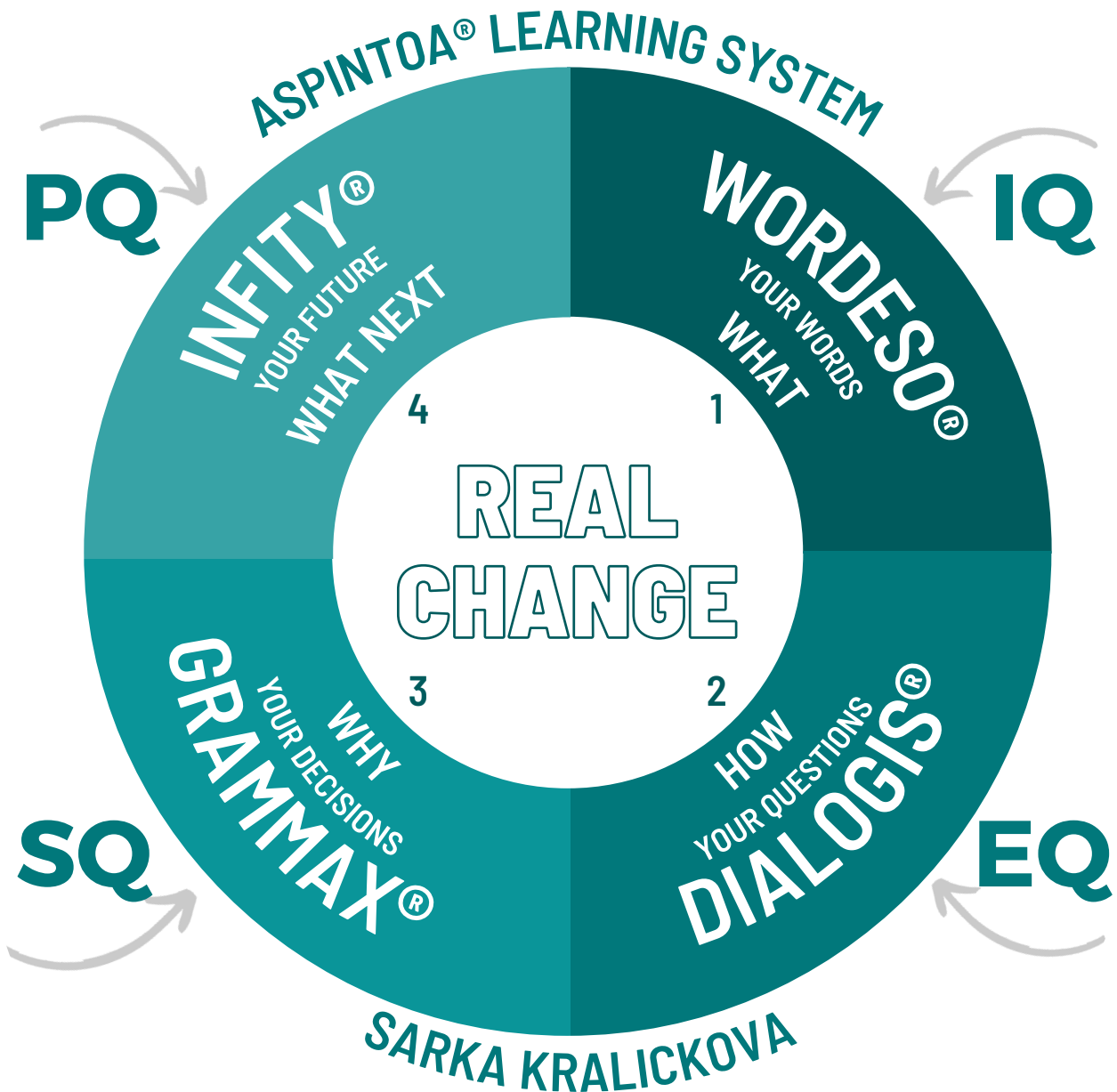
©ASPINTOA PUBLISHING
HOUSE & LEARNING SYSTEMS



We Simplified

LEARNING

What - How - Why - What Next





ASPINTOA® METHOD

4 PILLARS

Communication · Personal growth
Mental balance · Wellbeing

WORDESO® **UNDERSTANDING**

- Read the word aloud.
Let´s talk about it.
- Read the sentence aloud.
- Ask what the word means.
Write it down.

DIALOGIS® **EMPATHY**

- Read the question aloud
and answer it. Write it down.
- Let the other person answer.
- This helps develop listening
and emotional intelligence.

GRAMMAX® **CRITICAL THINKING**

- Read the question
and both answers aloud.
- Decide which one makes
sense and why.
- Write it down or let the
other person answer.

INFITY® **CREATIVE SOLUTION**

- Read the sentence aloud.
(a specific problem)
- Talk about the problem.
Suggest a suitable solution.
- Use movement and create
a project. Write it down.

We Discovered

HOW IT WORKS

Words - Questions - Quizzes - Images

PRESENT
From Information

FUTURE
to Transformation

W
↕
Q
↕
Q
↕
I

WORDESO® ASPINTOA® GOLF CLUB

GOLF CLUB

I HAVE A GOLF CLUB IN MY HAND.

WHAT IS "GOLF CLUB"?

© ASPINTOA 2025 1 www.aspintoa.com

WORDESO® ASPINTOA® GOLF CLUB

A STICK TO HIT THE BALL IN GOLF



© ASPINTOA 2025 1 www.aspintoa.com

GOLF CLUB

I have a golf club in my hand.

Golf club is a stick to hit the ball in golf.

DIALOGIS® QUESTIONS ASPINTOA® GOLF CLUB



WHAT KIND OF GOLF CLUB DO YOU WANT TO USE?

© ASPINTOA 2025 1 www.aspintoa.com

DIALOGIS® QUESTIONS ASPINTOA® GOLF CLUB



WHEN DO YOU HOLD THE GOLF CLUB WITH BOTH HANDS?

© ASPINTOA 2025 1 www.aspintoa.com

I want to use ...

I hold the golf club with both hands when I start playing.

GRAMMAX® QUIZZES ASPINTOA® GOLF CLUB

WHEN DO YOU NEED A GOLF CLUB?



1. TO EAT LUNCH.
2. TO PLAY GOLF.

© ASPINTOA 2025 1 www.aspintoa.com

GRAMMAX® QUIZZES ASPINTOA® GOLF CLUB

WHAT DO YOU USE A GOLF CLUB FOR?



1. TO HIT THE BALL.
2. TO CLEAN THE GRASS.

© ASPINTOA 2025 1 www.aspintoa.com

I need a golf club when I want to play golf.

I use a golf club to hit the ball.



© ASPINTOA 2025 1 www.aspintoa.com



© ASPINTOA 2025 1 www.aspintoa.com

When I was young I used to play golf with my dad. I wanted to become a pro. I trained with my coach.

I played in a tournament and there were better players than me. I was disappointed. I couldn't focus.

TAKE IT & TWIST IT

What - How - Why - What Next

Overtinking Map



THOUGHTS

OVERTHINKING HAPPENS WHEN THOUGHTS REPEAT TOO MUCH.

WHAT ARE "THOUGHTS"?

IDEAS THAT RUN THROUGH YOUR MIND



I notice...

WHAT KIND OF THOUGHTS DO YOU NOTICE WHEN YOU WORRY TOO MUCH?



Repeated...

HOW DO REPEATED THOUGHTS MAKE YOU FEEL?

HOW CAN NOTICING THOUGHTS HELP YOU?



You can organize them and stay calm.

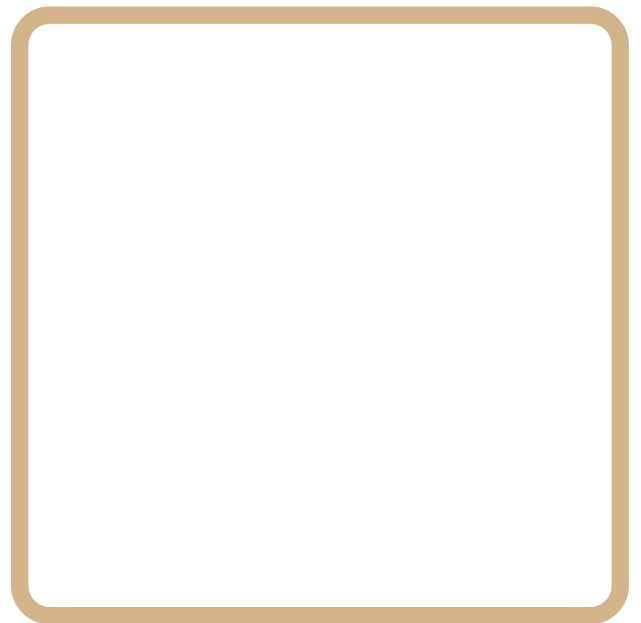
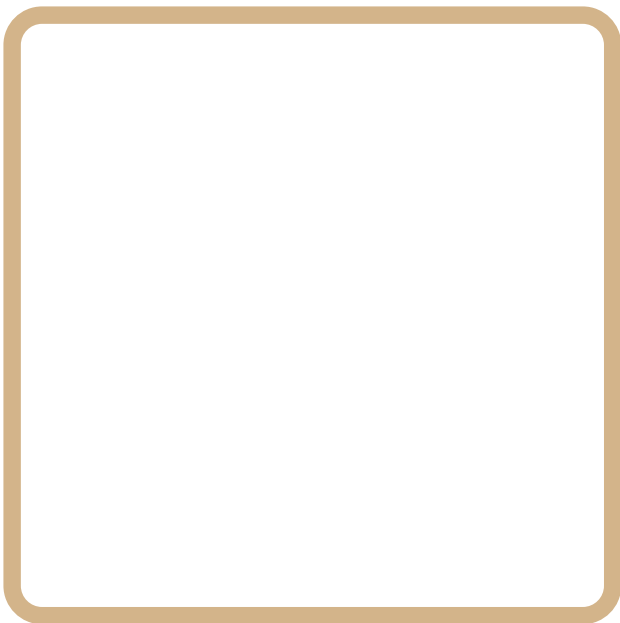
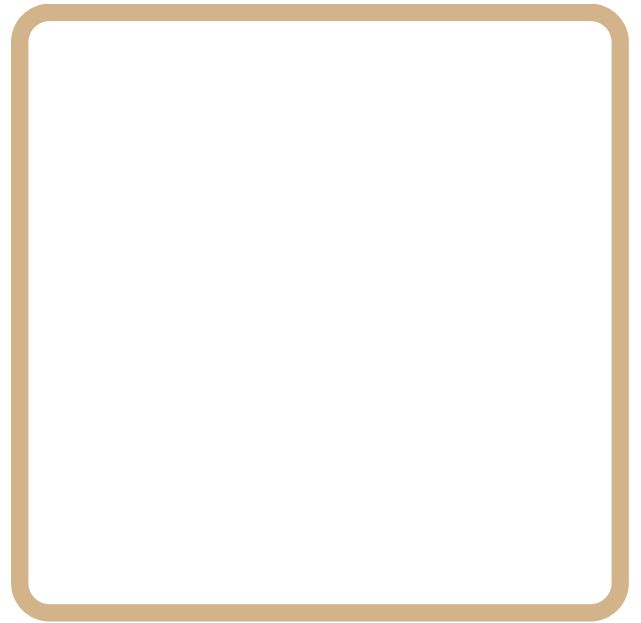
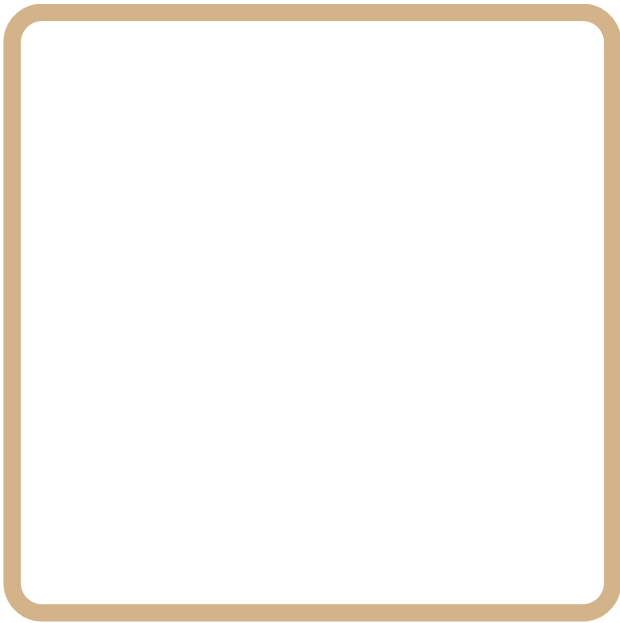
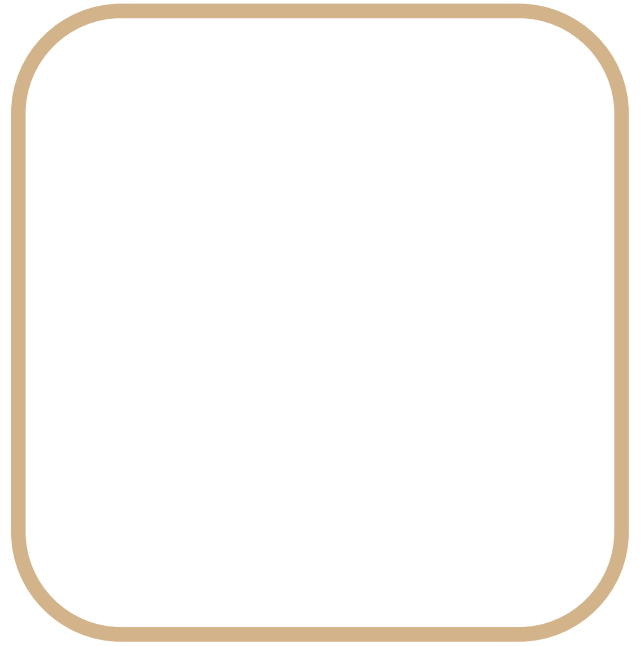
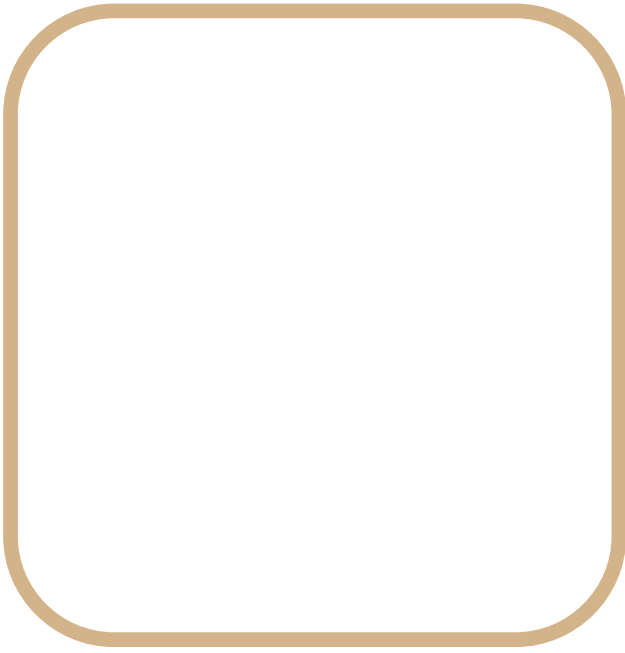
1. YOU CAN ORGANIZE THEM AND STAY CALM.
2. THEY MAGICALLY DISAPPEAR.

WHY CAN REPEATED THOUGHTS BE CHALLENGING?



They create stress and confusion.

1. THEY SOLVE PROBLEMS AUTOMATICALLY.
2. THEY CREATE STRESS AND CONFUSION.



STRESS

OVERTHINKING CAN INCREASE **STRESS** AND MAKE DECISIONS HARDER.

WHAT IS "STRESS"?

FEELING WORRIED OR PRESSURED



My body...

HOW DOES YOUR BODY FEEL WHEN YOU ARE STRESSED?



... calmer.

WHICH ACTIVITIES HELP YOU FEEL CALMER?

HOW CAN STRESS BE REDUCED?



By taking breaks and focusing on solutions.

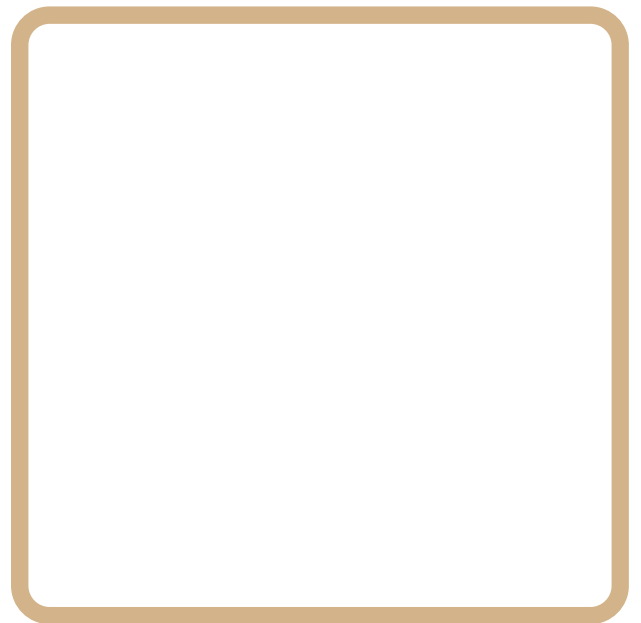
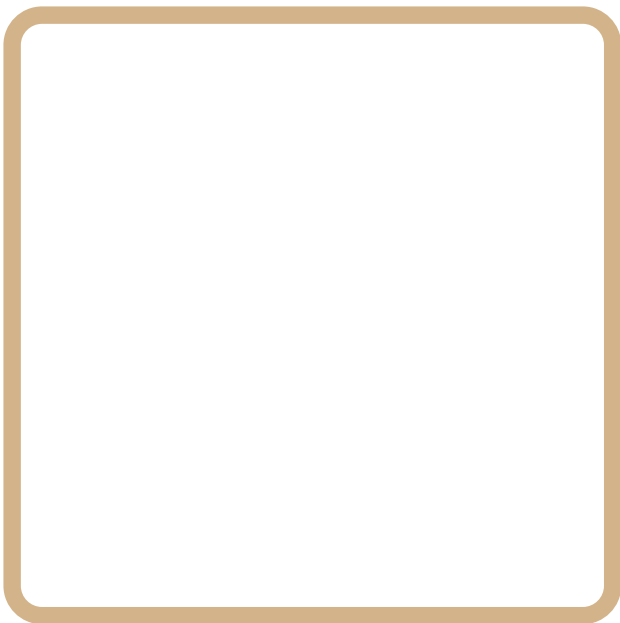
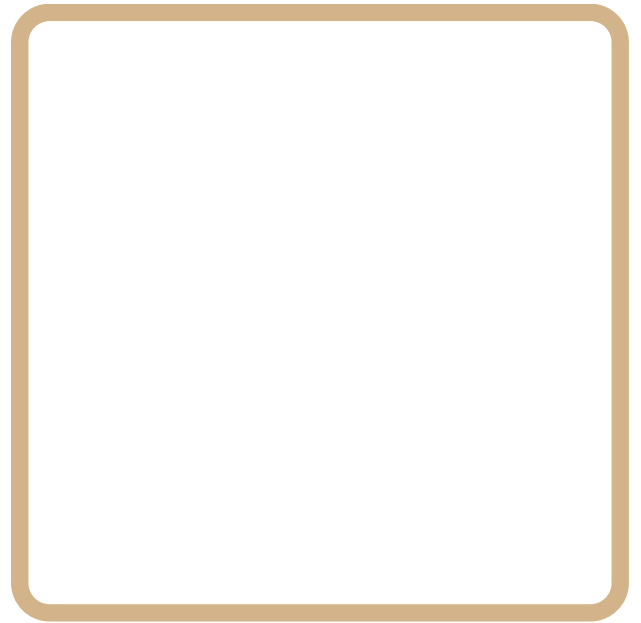
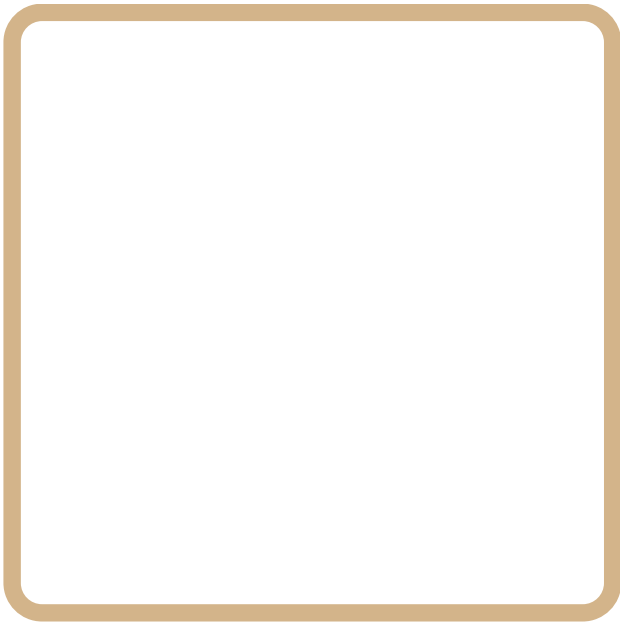
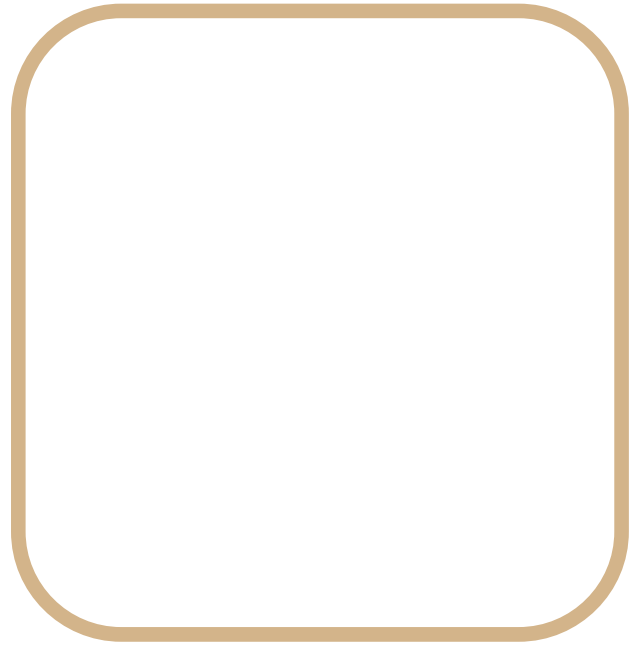
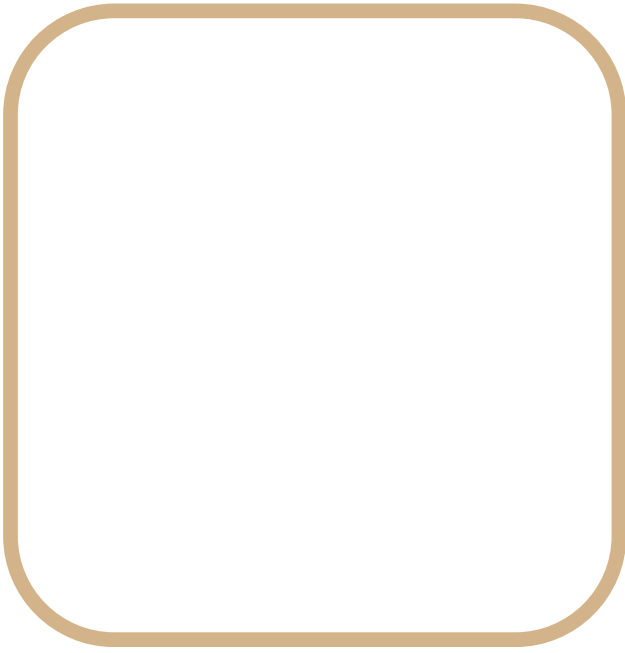
1. BY TAKING BREAKS AND FOCUSING ON SOLUTIONS.
2. BY IGNORING IT COMPLETELY. 2

WHY CAN OVERTHINKING INCREASE STRESS?



It makes small problems feel bigger.

1. IT SOLVES EVERYTHING MAGICALLY.
2. IT MAKES SMALL PROBLEMS FEEL BIGGER.



DECISIONS

OVERTHINKING CAN MAKE IT HARD TO MAKE DECISIONS QUICKLY.

WHAT ARE "DECISIONS"?

CHOOSING WHAT TO DO



When there are...

HOW DO YOU DECIDE WHEN THERE ARE MANY OPTIONS?



I have...

HAVE YOU EVER WAITED TOO LONG TO DECIDE? WHY?

WHY CAN OVERTHINKING SLOW DECISIONS?



It focuses too much on all possibilities.

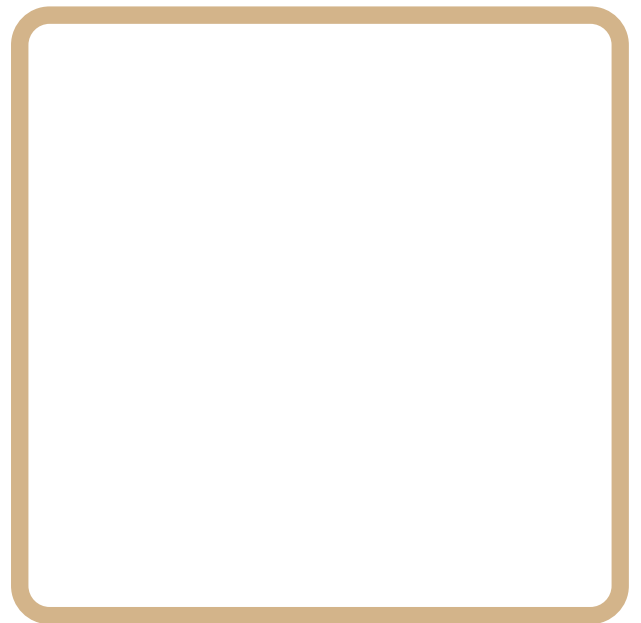
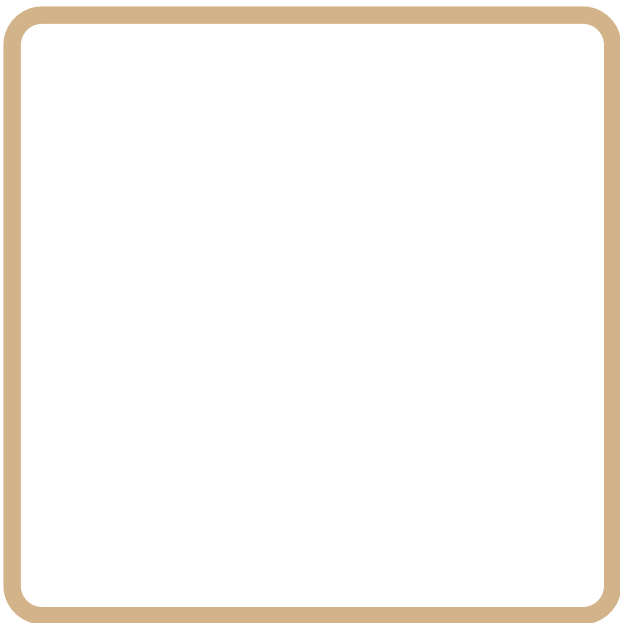
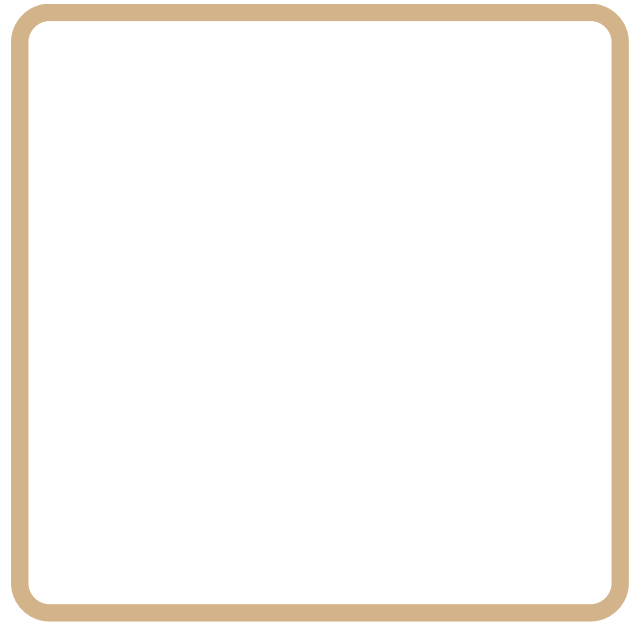
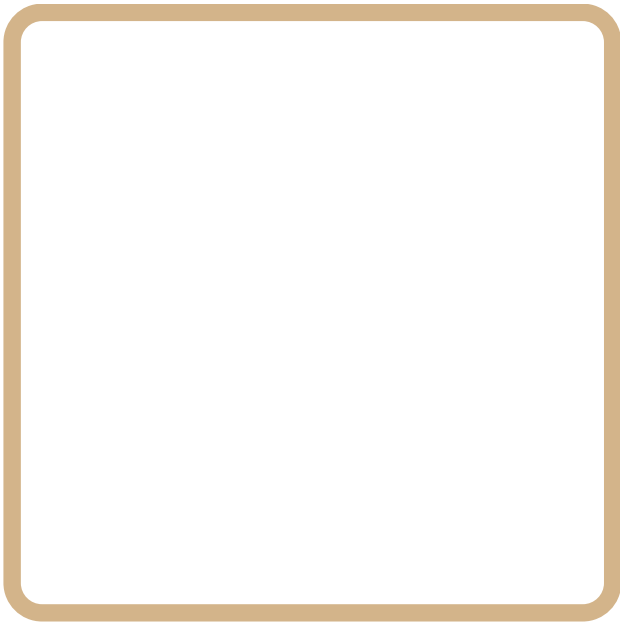
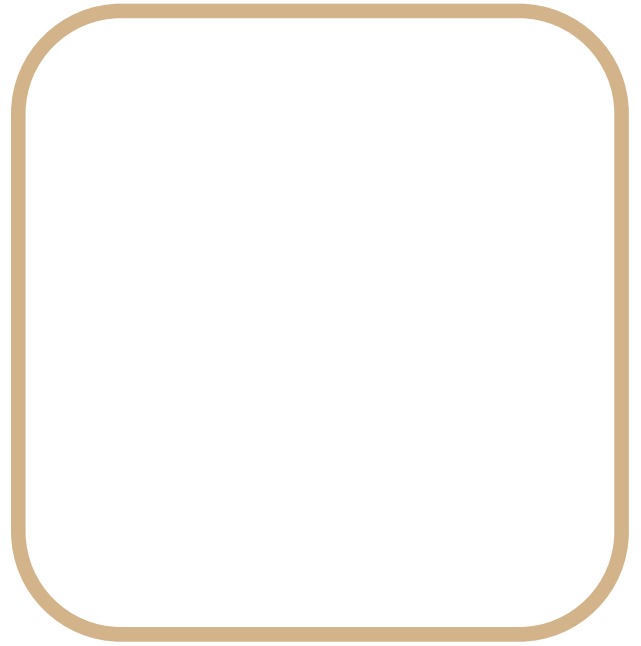
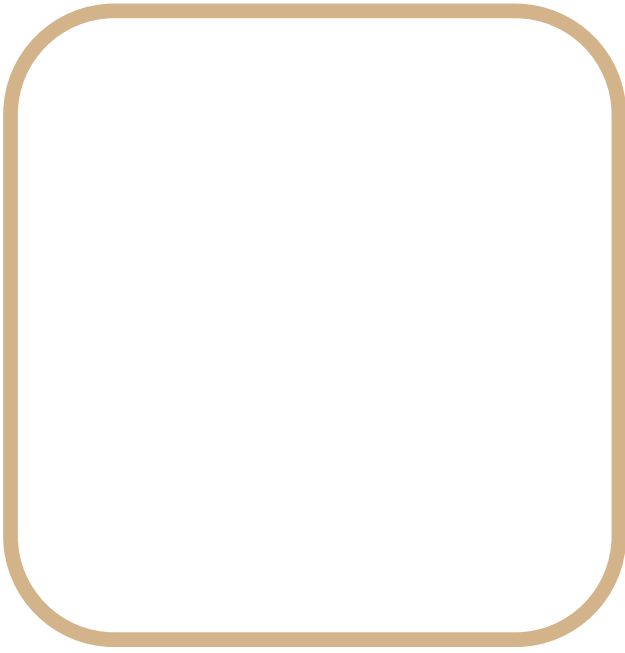
1. IT FOCUSES TOO MUCH ON ALL POSSIBILITIES.
2. IT AUTOMATICALLY CHOOSES THE BEST OPTION.

HOW CAN DECISION-MAKING IMPROVE?



By listing options and choosing step by step.

1. BY AVOIDING CHOICES ALTOGETHER.
2. BY LISTING OPTIONS AND CHOOSING STEP BY STEP.



FOCUS

OVERTHINKING CAN DISTRACT FOCUS FROM IMPORTANT TASKS.

WHAT IS "FOCUS"?

CONCENTRATING ON ONE TASK



I stay...

HOW DO YOU STAY FOCUSED WHEN YOUR MIND IS BUSY?



... tasks.

WHAT HELPS YOU CONCENTRATE ON IMPORTANT TASKS?

WHY DOES OVERTHINKING AFFECT FOCUS?



It distracts attention from the main task.

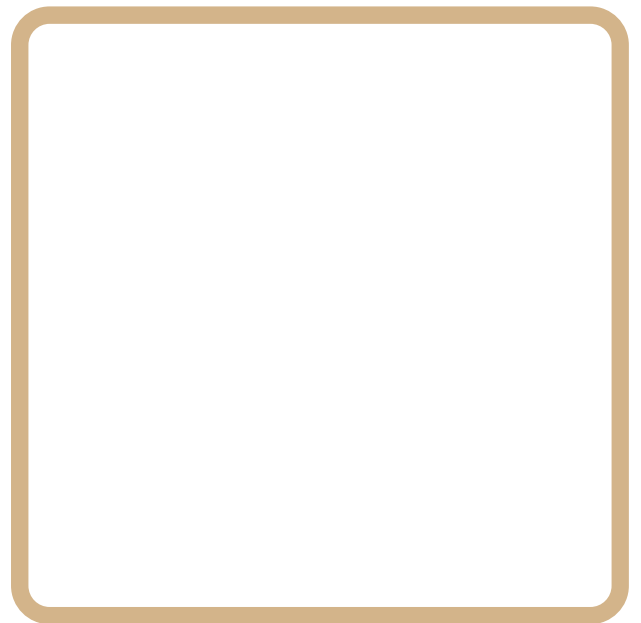
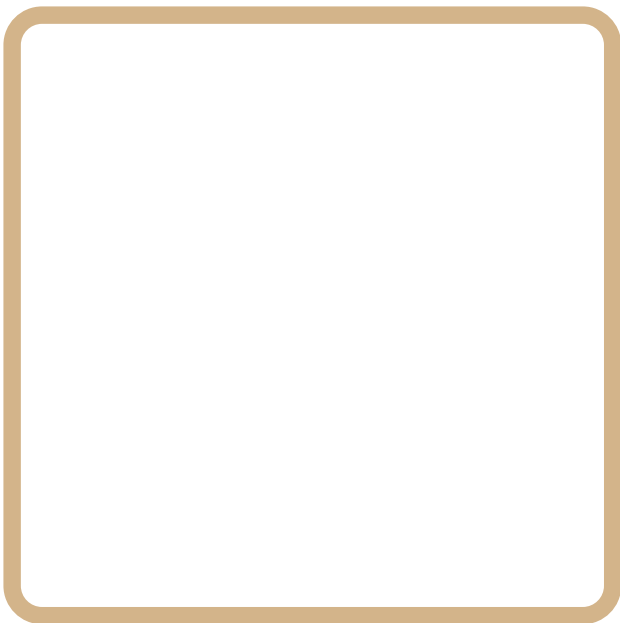
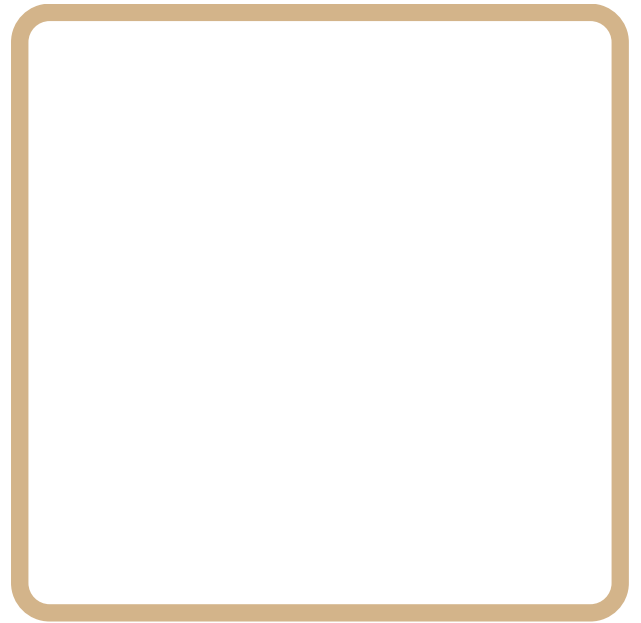
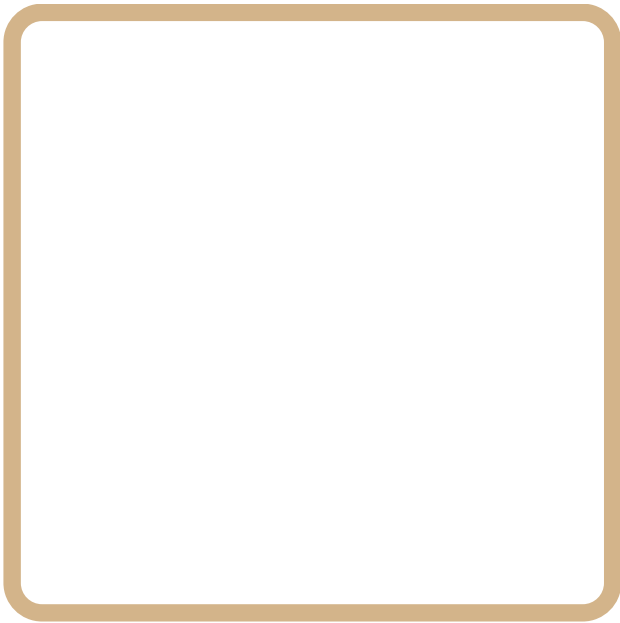
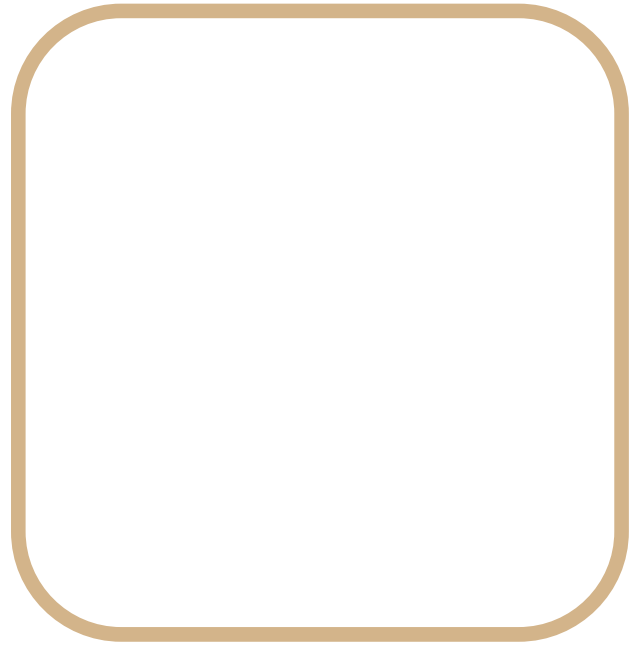
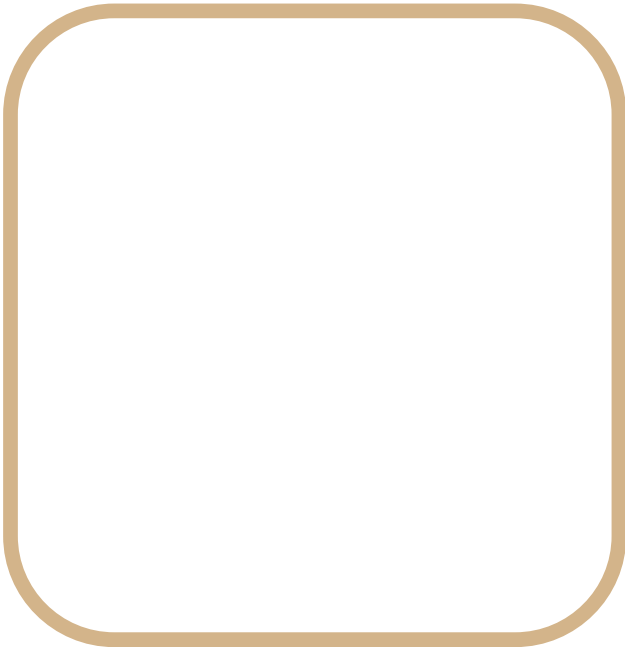
1. IT DISTRACTS ATTENTION FROM THE MAIN TASK.
2. IT AUTOMATICALLY IMPROVES FOCUS.

HOW CAN YOU REGAIN FOCUS?



By taking a break or organizing thoughts.

1. BY THINKING MORE AT THE SAME TIME.
2. BY TAKING A BREAK OR ORGANIZING THOUGHTS.



SOLUTIONS

THINKING CLEARLY HELPS
FIND GOOD SOLUTIONS.

WHAT ARE "SOLUTIONS"?

WAYS TO SOLVE PROBLEMS
EFFECTIVELY



I solve...

HOW DO YOU USUALLY
SOLVE PROBLEMS?



I feel...

WHAT STRATEGIES HELP YOU
FEEL CONFIDENT WHEN
DECIDING?

WHY IS CLEAR THINKING
IMPORTANT FOR SOLUTIONS?



It helps find effective
and realistic answers.

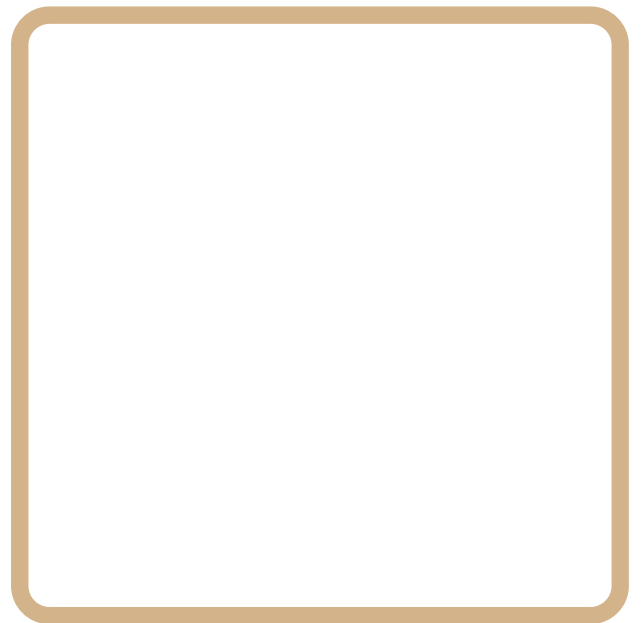
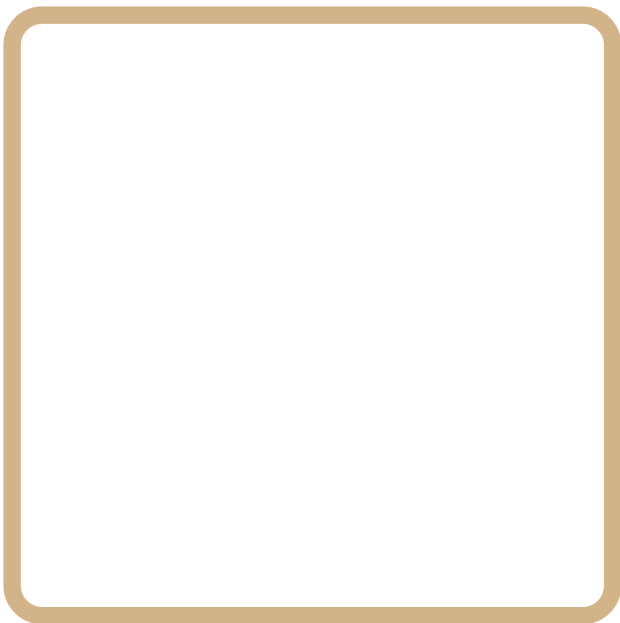
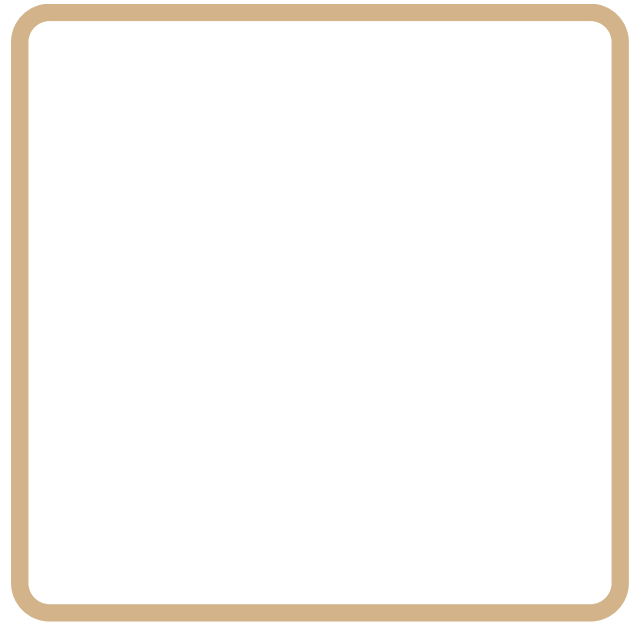
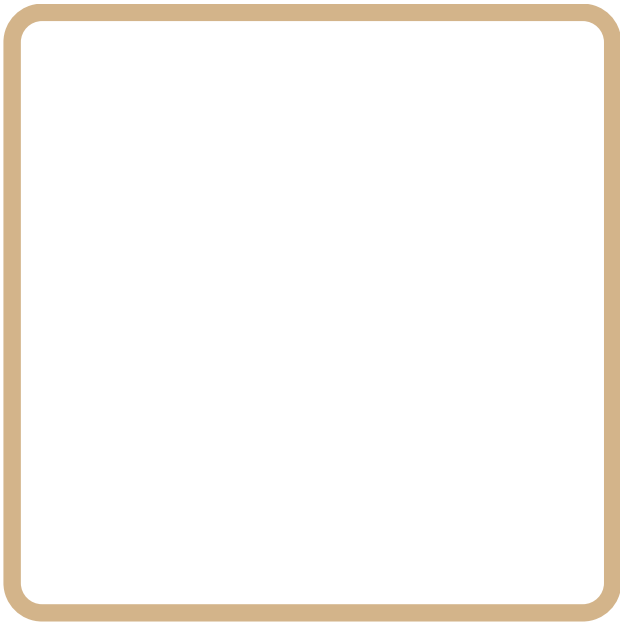
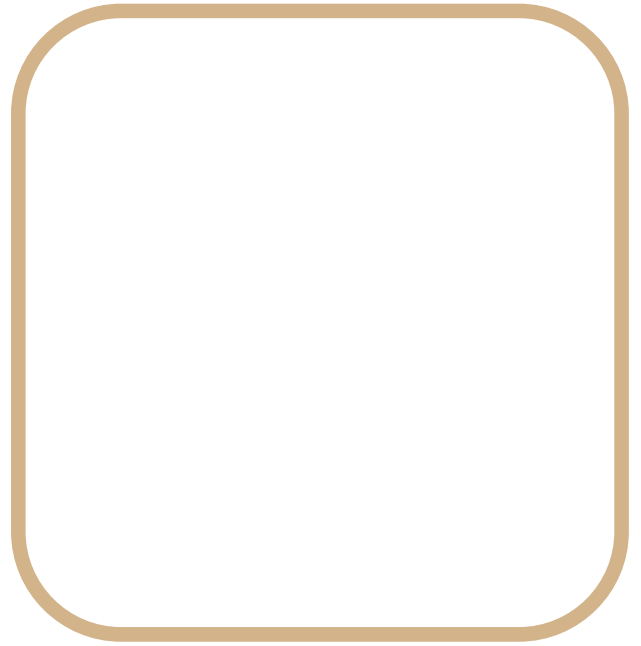
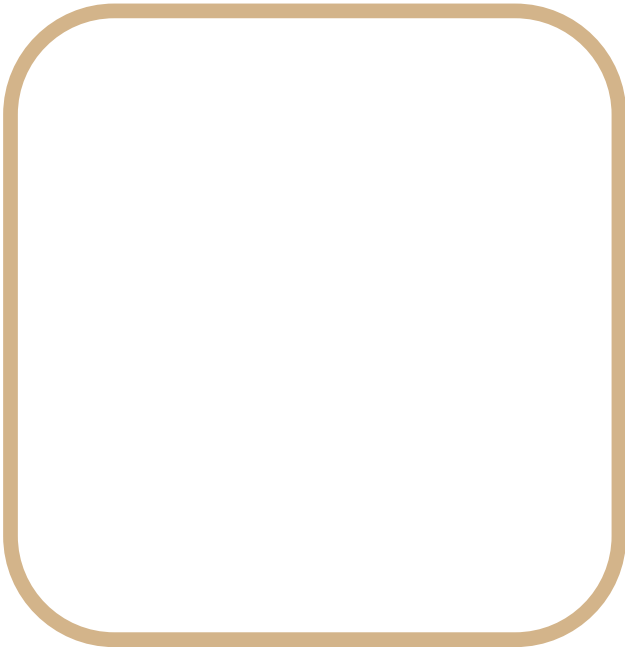
1. IT MAKES THE BEST SOLUTIONS
APPEAR AUTOMATICALLY.
2. IT HELPS FIND EFFECTIVE AND
REALISTIC ANSWERS.

HOW CAN OVERTHINKING
PREVENT FINDING SOLUTIONS?



By focusing on worries
instead of options.

1. BY FOCUSING ON WORRIES
INSTEAD OF OPTIONS.
2. BY MAGICALLY FIXING
EVERYTHING.



SUPPORT

TALKING TO OTHERS
CAN REDUCE OVERTHINKING
AND STRESS.

WHAT IS "SUPPORT"?

HELP FROM FRIENDS,
TEACHERS, OR TOOLS



... are hard.

WHO HELPS YOU WHEN
DECISIONS ARE HARD?



Talking...

HOW DOES TALKING TO
SOMEONE REDUCE WORRIES?

WHY IS SUPPORT IMPORTANT?



It gives advice, perspective,
and encouragement.

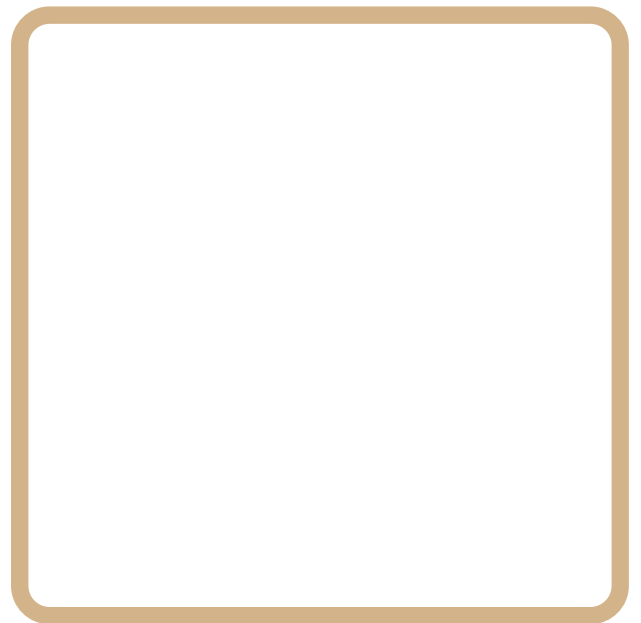
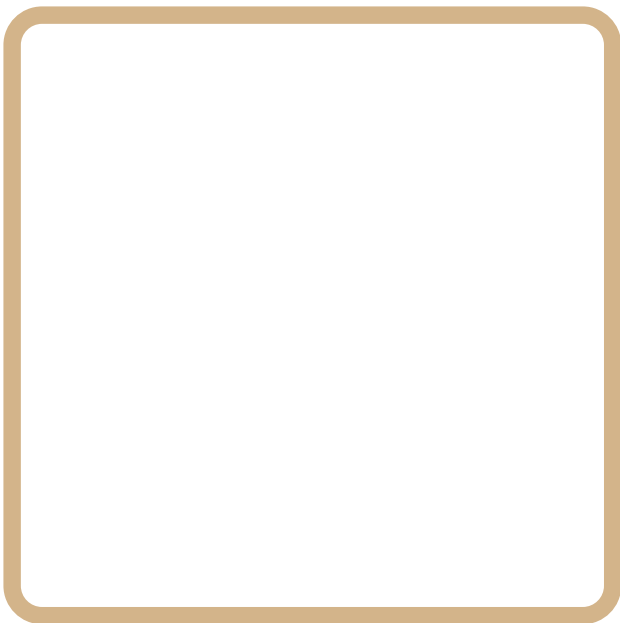
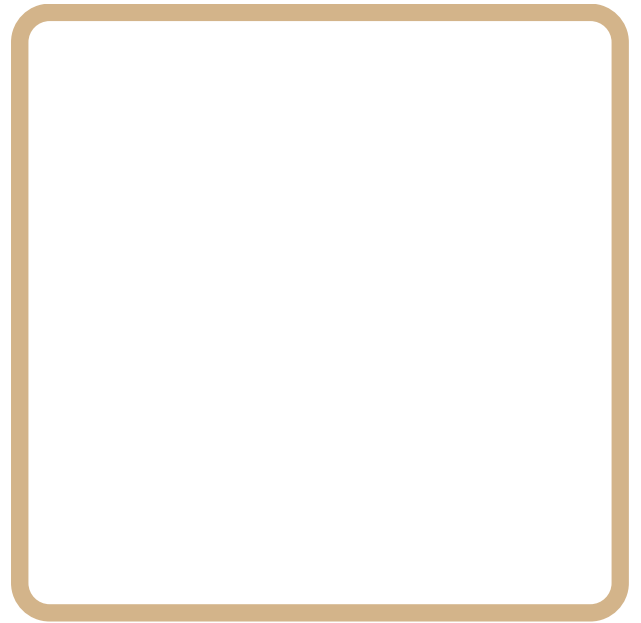
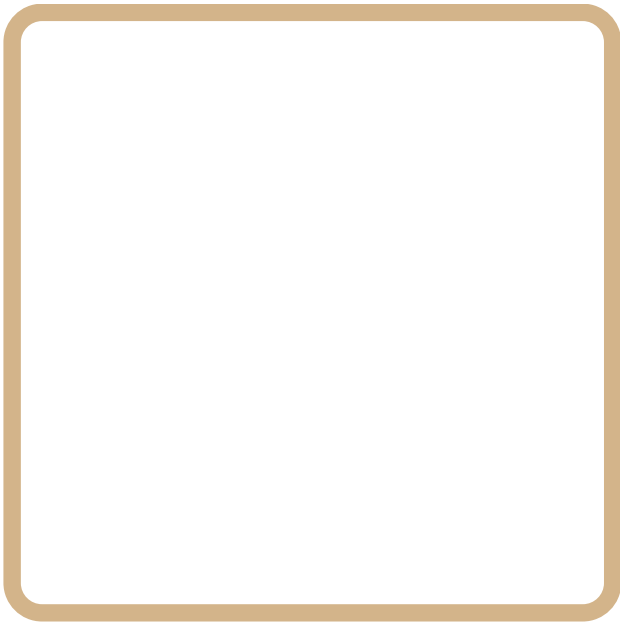
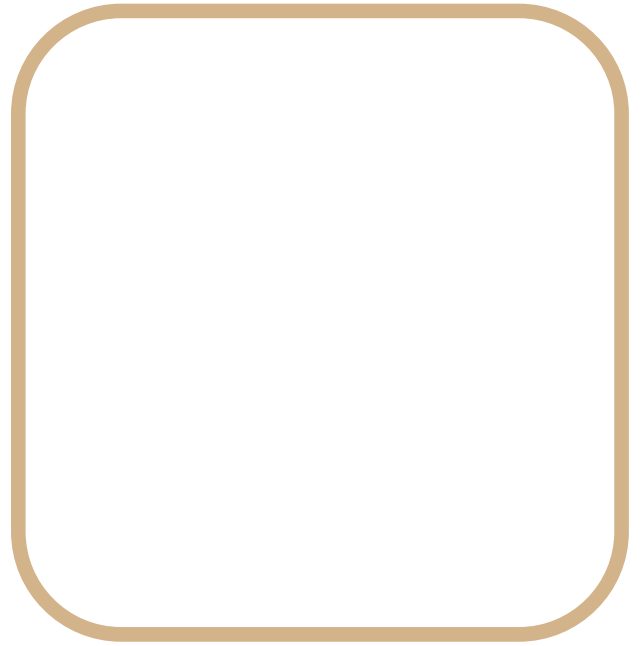
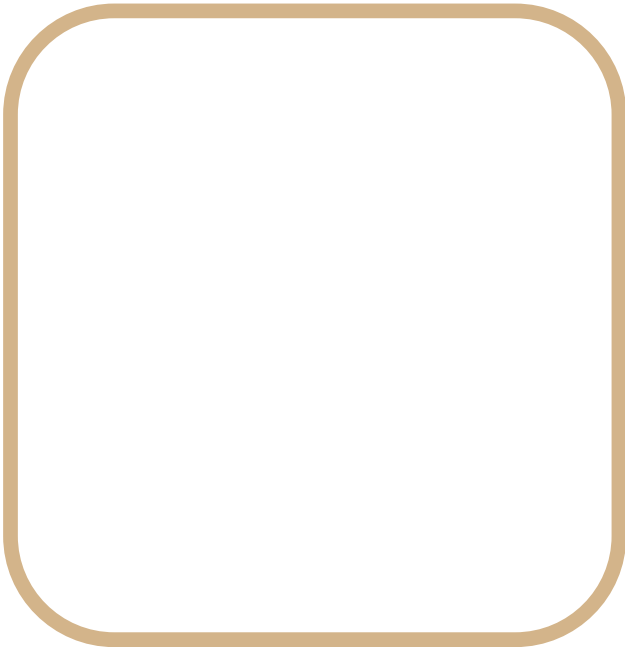
1. IT GIVES ADVICE, PERSPECTIVE,
AND ENCOURAGEMENT.
2. IT MAGICALLY SOLVES YOUR
WORRIES.

HOW CAN YOU USE SUPPORT
EFFECTIVELY?



By asking for help
or sharing thoughts.

1. BY AVOIDING EVERYONE.
2. BY ASKING FOR HELP
OR SHARING THOUGHTS.





Imagine Your Problem:
Writing down your thoughts
can help organize them.

1

INFITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com

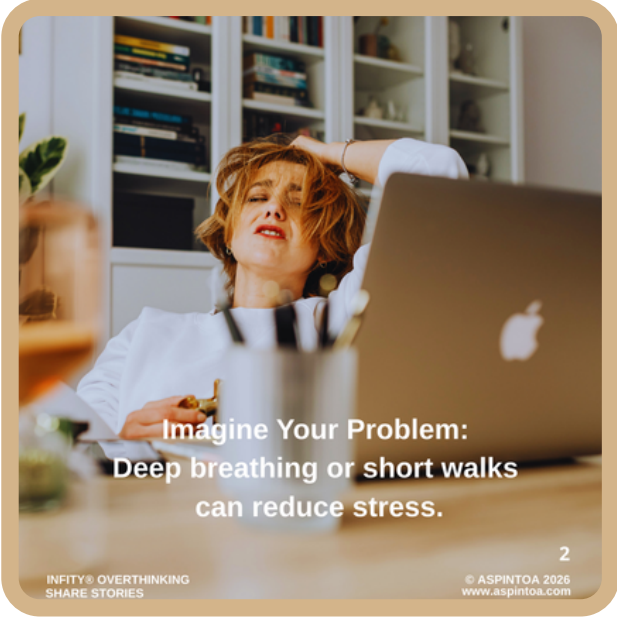


Share Your Solution:
How could you use notes or a diary
to manage overthinking?

1

INFITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com



Imagine Your Problem:
Deep breathing or short walks
can reduce stress.

2

INFITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com



Share Your Solution:
What is your favorite way to relax
when overthinking?

2

INFITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com



Imagine Your Problem:
Breaking big decisions
into smaller steps can help.

3

INFITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com

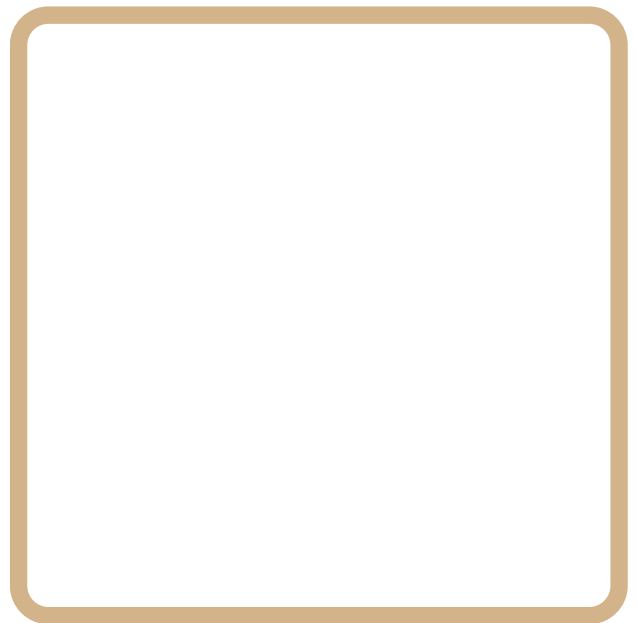
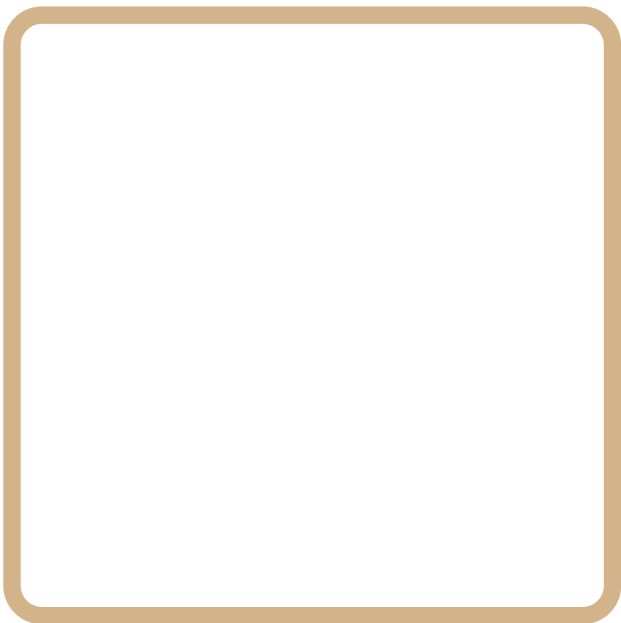
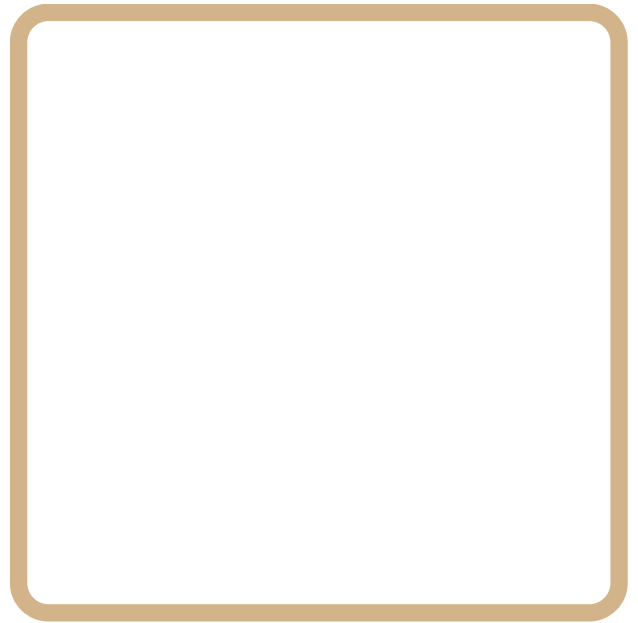
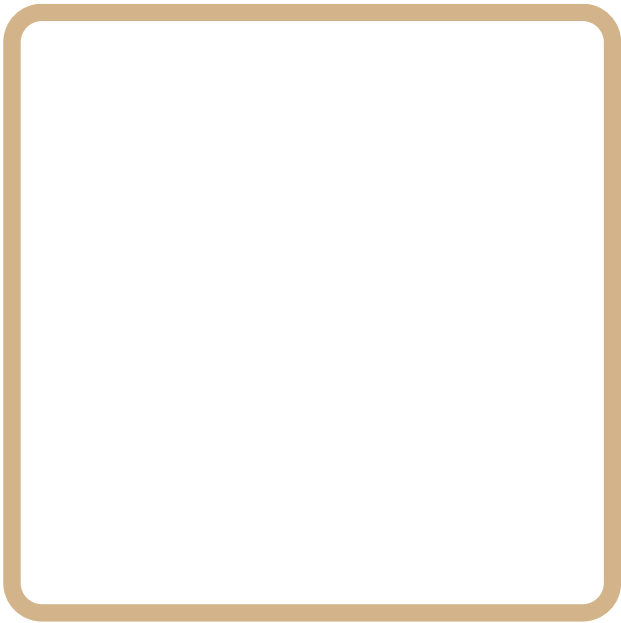
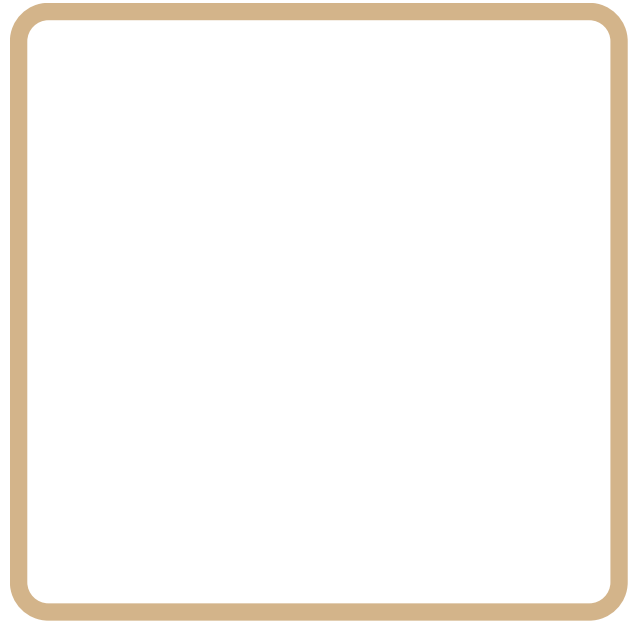
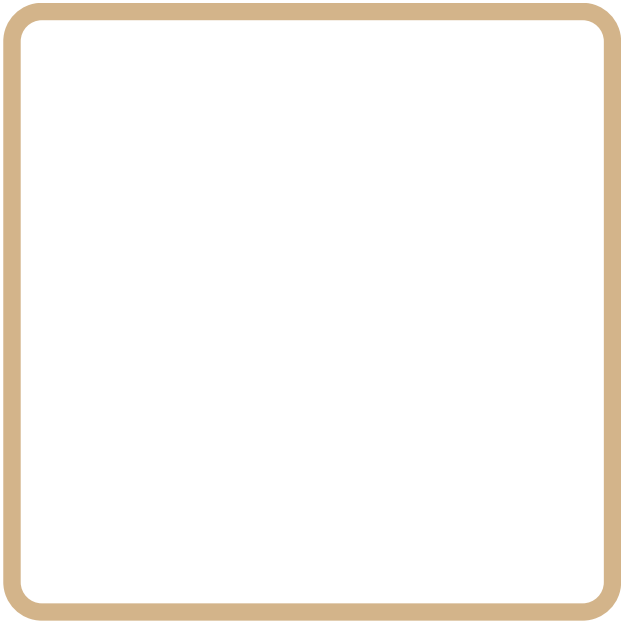


Share Your Solution:
How could you make
a difficult choice easier next time?

3

INFITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com





Imagine Your Problem:
Short breaks can help restore focus and clarity.

4

INFINITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com



Share Your Solution:
What could you do to concentrate better during homework or projects?

4

INFINITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com



Imagine Your Problem:
Writing pros and cons can help decide the best solution.

5

INFINITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com



Share Your Solution:
Can you think of a method to make problem-solving easier?

5

INFINITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com



Imagine Your Problem:
Sharing problems reduces stress and helps find new solutions.

6

INFINITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com

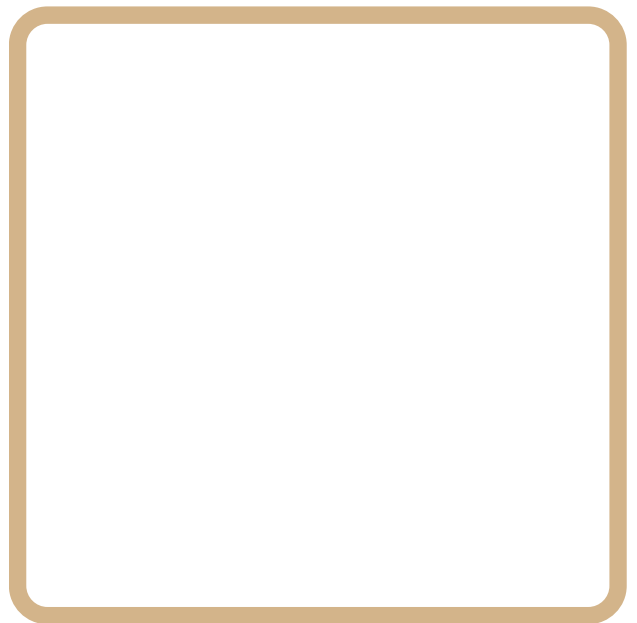
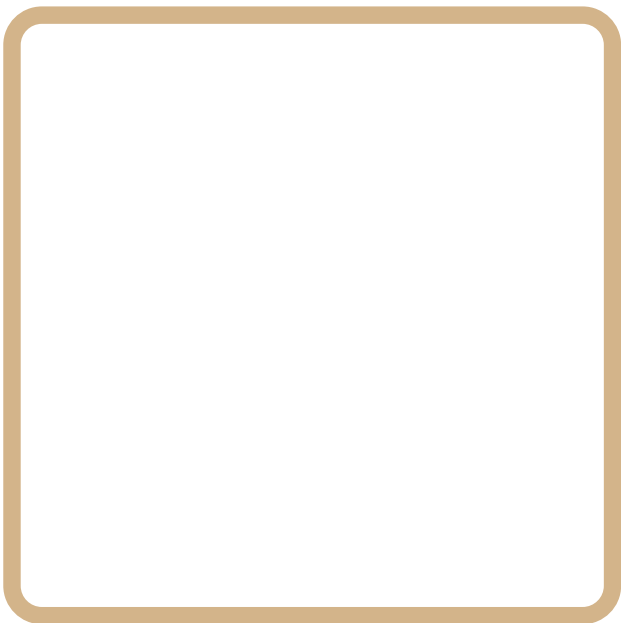
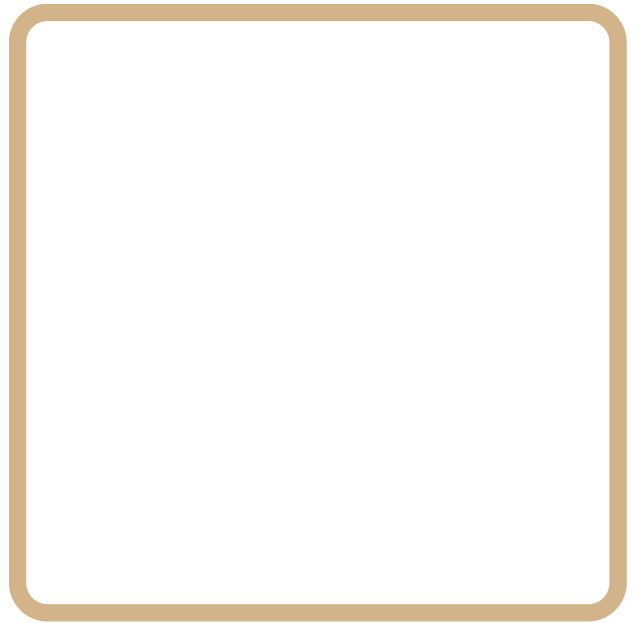
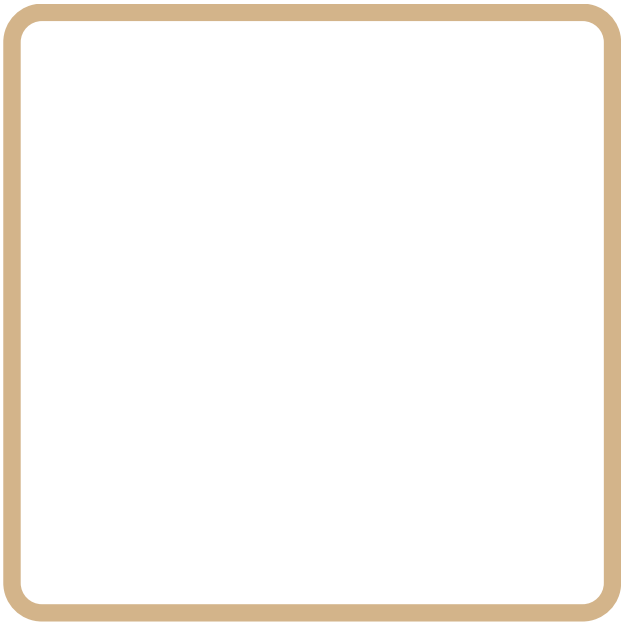
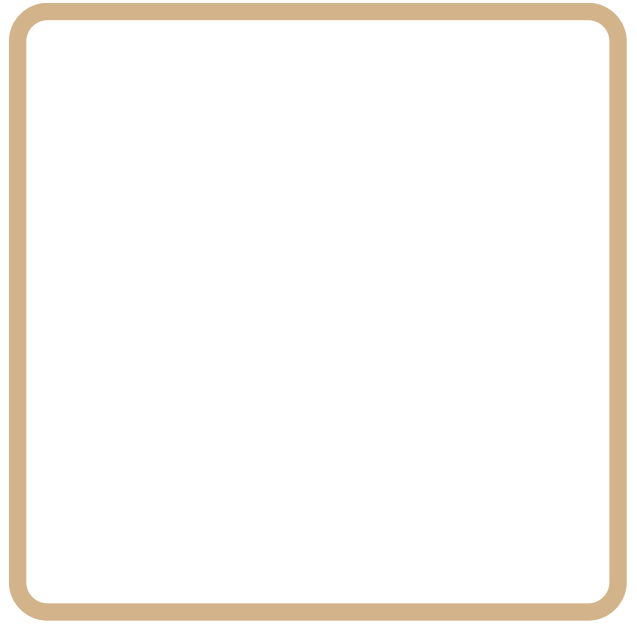
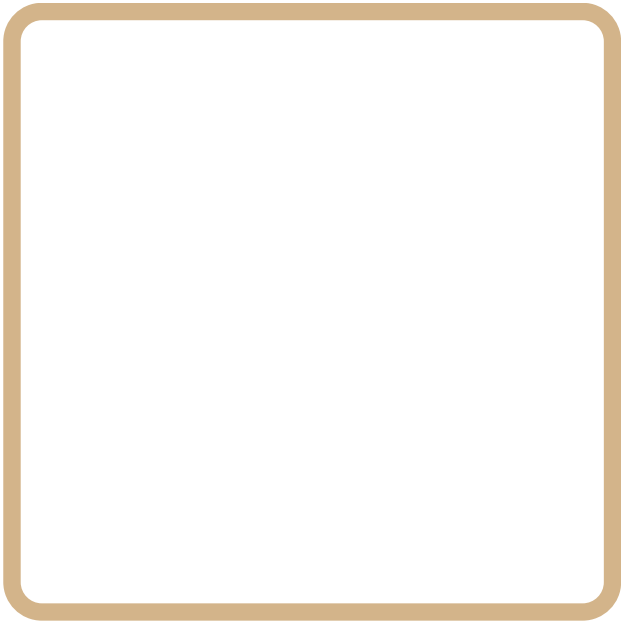


Share Your Solution:
Who could you talk to next time you feel overwhelmed by thoughts?

6

INFINITY® OVERTHINKING
SHARE STORIES

© ASPINTOA 2026
www.aspintoa.com



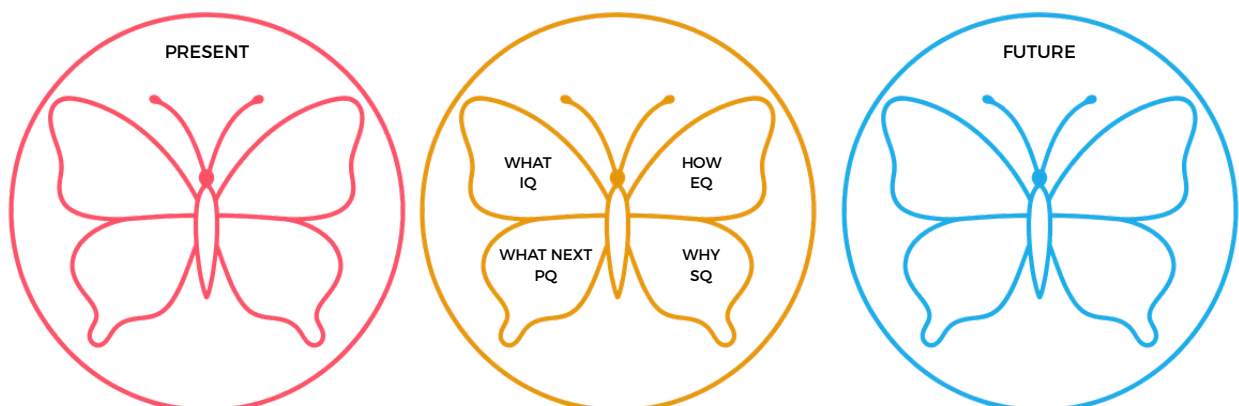
SELF-REFLECTION

From Information to Transformation

The Butterfly Circle is a visual map in the shape of a butterfly. Each wing represents one area of thinking:

- **Words (WHAT):** What have I learned? Which words or concepts are key for me?
- **Questions (HOW):** What questions come to my mind? What do I still need to understand?
- **Why (WHY):** Why is this important? What meaning does it have for me or for others?
- **What Next (FUTURE):** How will I use it? What will be my next step?

The body of the butterfly = the person themselves → their decisions, motivation, and unique journey. **Create your own visual map.**





ASPINTOA®

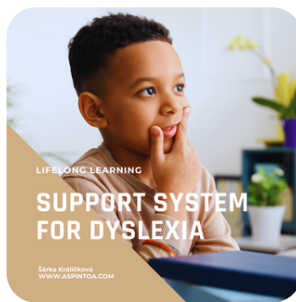
IMAGINE

My Self-reflection



JUST START

CHOOSE ANOTHER TOPIC IN ENGLISH



STAČÍ ZAČÍT

VYBERTE SI DALŠÍ TÉMA V ČEŠTINĚ



THANK YOU FOR BEING WITH US

A system of learning and personal development for children, students, adults, and companies. We bring joy, energy, inspiration, and enthusiasm not only for learning a foreign language, but also for discovering yourself.

WHAT'S NEXT FOR YOU

- **ASPINTOA® SYSTEMS** in Czech and English
- **ASPINTOA® PLATFORM** with new projects
- **ASPINTOA® CLUBS** online and offline
- **ASPINTOA® BOOKS** for developing creativity



ASPINTOA s.r.o.
Publishing House & Learning Systems
Sarka Kralickova, Tax ID: 09635521 | VAT ID: CZ09635521
Dlouha Louka 9, Lipa nad Orlicí 517 21,
Czech Republic