

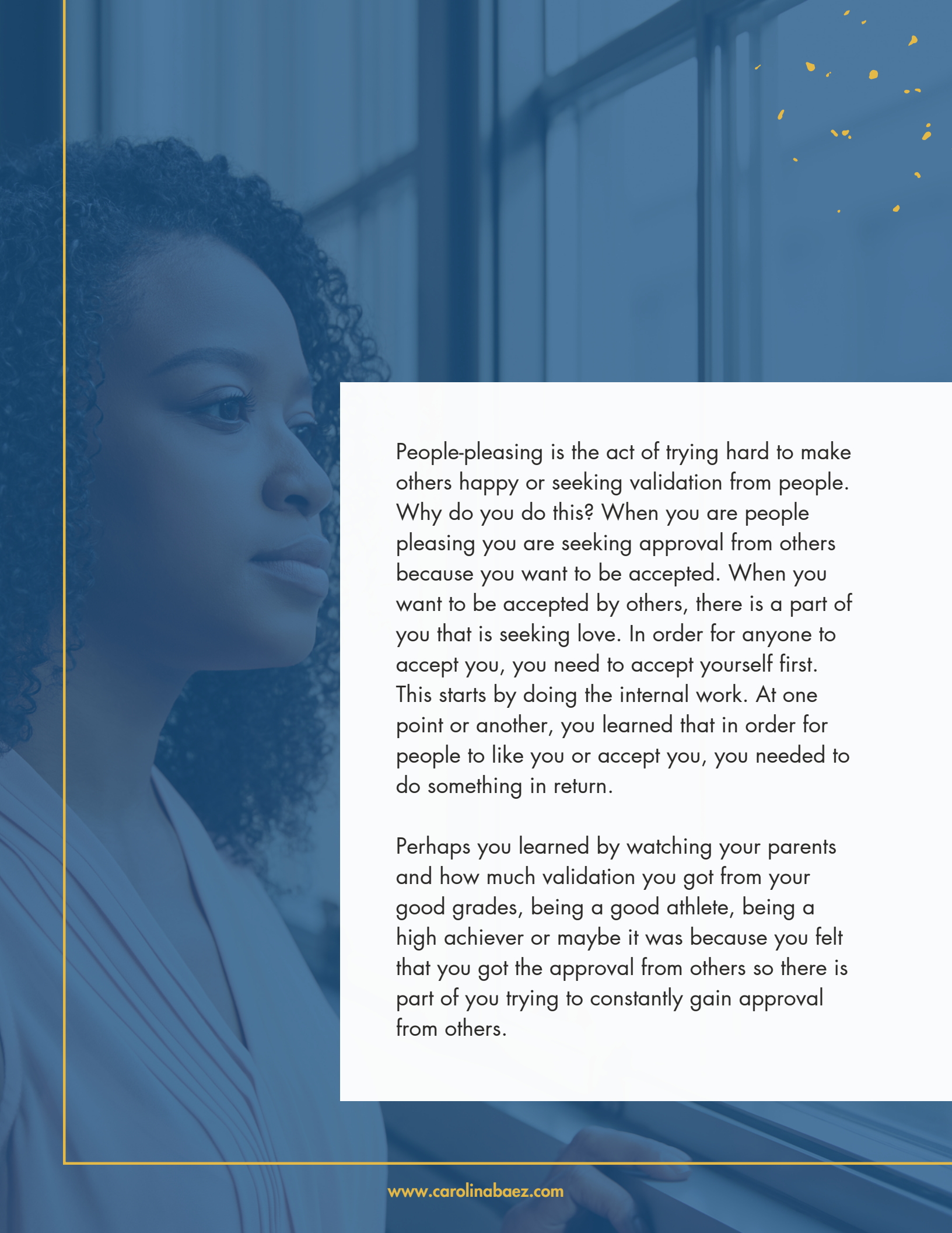


Guide to

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OVERCOMING YOUR PEOPLE
PLEASING AND RECLAIMING
YOUR POWER





People-pleasing is the act of trying hard to make others happy or seeking validation from people. Why do you do this? When you are people pleasing you are seeking approval from others because you want to be accepted. When you want to be accepted by others, there is a part of you that is seeking love. In order for anyone to accept you, you need to accept yourself first. This starts by doing the internal work. At one point or another, you learned that in order for people to like you or accept you, you needed to do something in return.

Perhaps you learned by watching your parents and how much validation you got from your good grades, being a good athlete, being a high achiever or maybe it was because you felt that you got the approval from others so there is part of you trying to constantly gain approval from others.

People pleasers will often go out of their way to please someone, even if it means taking their own valuable time or resources away from them. You often act this way because of your insecurities or because you are gaining something in return like validation. When we go into being a people pleaser you are giving your power away and essentially allowing other people to control you because you have a hard time speaking up or saying no. This can ultimately lead to feeling anxious, not enough, overthinking and stressed.

When deciding that you no longer want to be a people pleaser it can come with some discomfort since you are choosing a different behavior than you are used to and those around you might have a hard time. Remember that no matter what you do, you simply cannot please everyone and not everyone is going to like you.

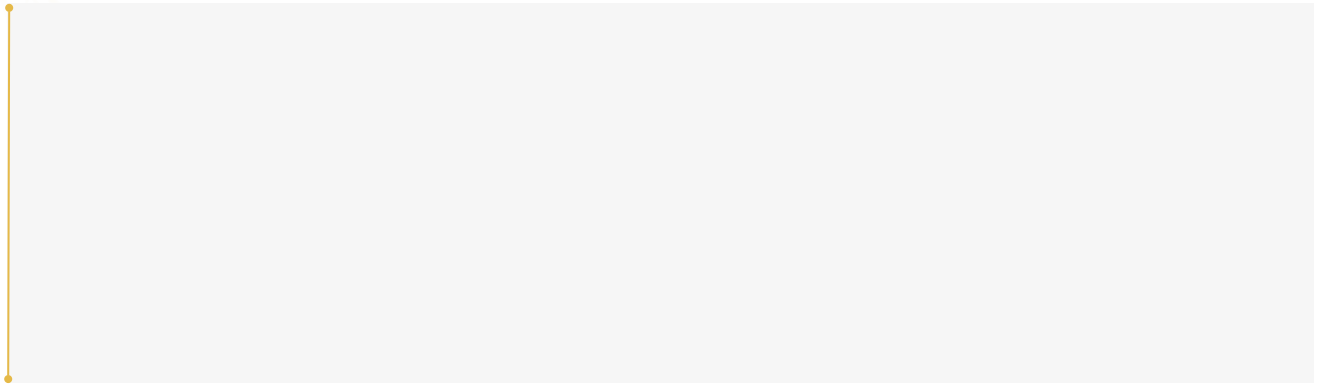
Signs of a people pleaser:

- You feel self-worthy from the approval of others.
- You have a hard time saying no
- You feel uncomfortable or anxious. when someone is mad at you or disagree with you.

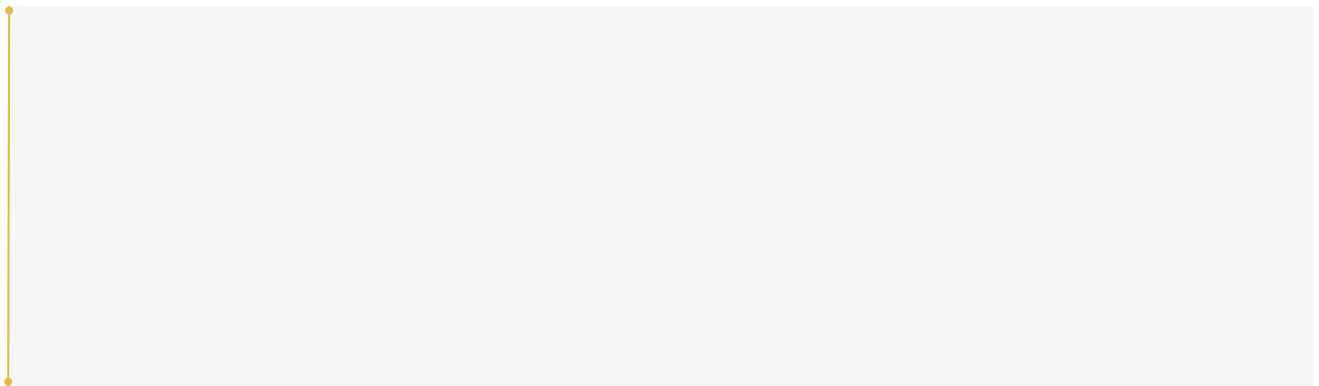


Reflections questions:

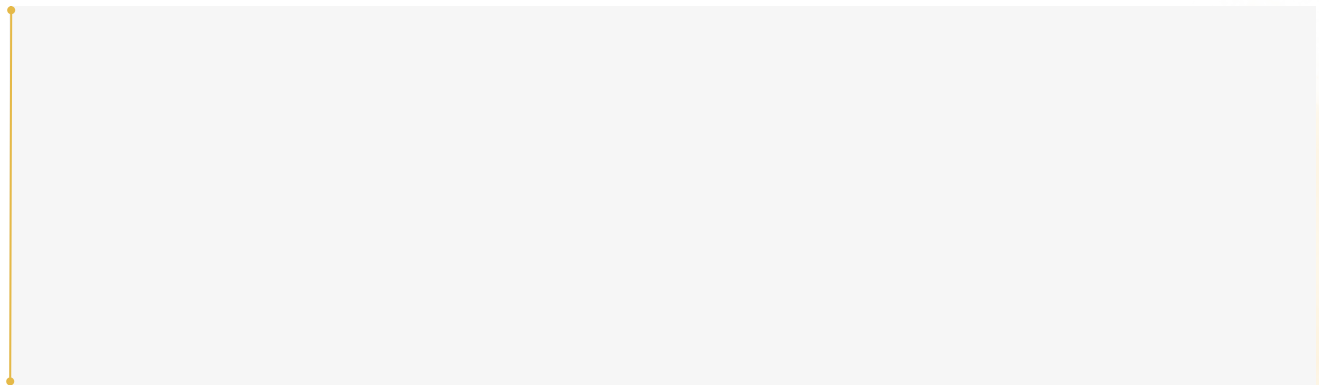
When was the first time you learned that you needed other's approval?



Has there ever been a time in which you said no to someone and did something you wanted?
What did you notice about yourself?



If you were to be "like" by others what does that say about you?

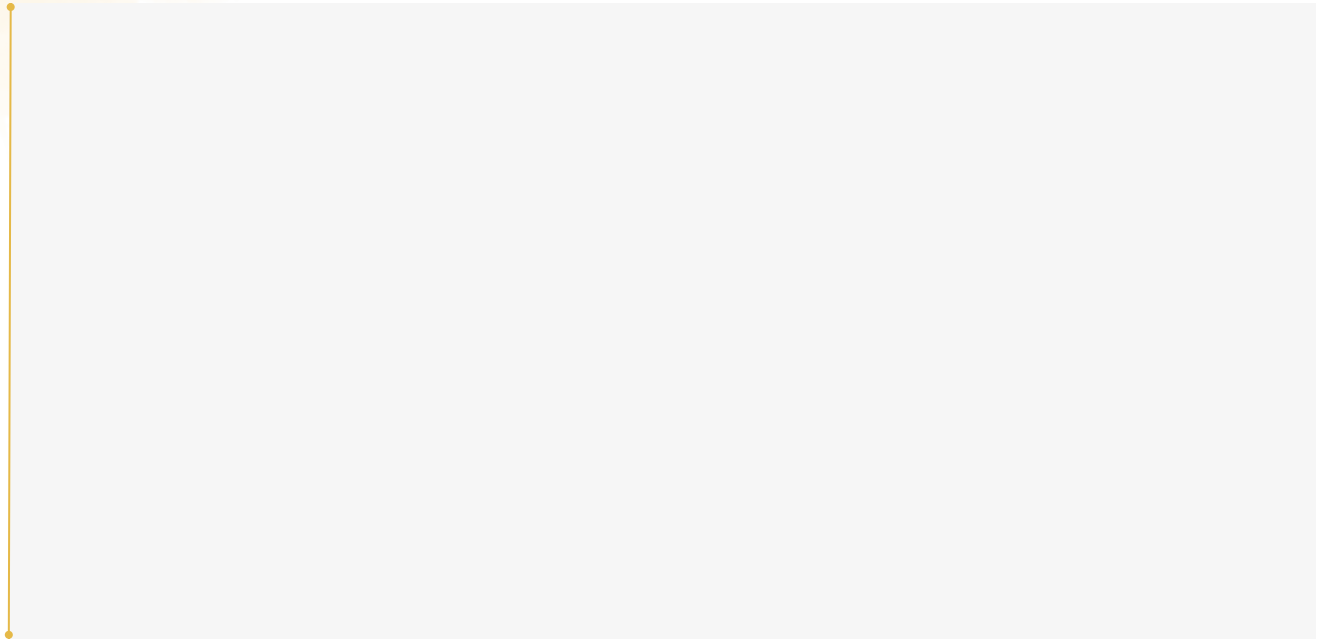


If you were to be disliked by your loved ones and those around you, what does it say about you?

What would happen if people saw and knew the real you?

Noticed that patterns to the above questions and see what beliefs you are holding about people pleasing? What new beliefs can you create as part of new identify that doesn't people please?

What would it take for you to create boundaries in your life and start saying no?





Actions to take to stop pleasing:

Changing the behavioral pattern of being a pleaser comes with choosing different actions and being okay with the discomfort that comes with that. This also means doing the internal work, shifting your beliefs and stories. Change is created from the inside not the outside. It is so easy to think that change happens from the outside based on cultural and societal conditioning.

Everytime you are trying to create a new habit or change something different in your life it may take some time for your brain to get used to the feeling. It may be challenging since some people may react to your boundaries, but don't let that stop you from choosing a behavior that can change your entire life so you can feel more empowered and others can truly see who you are in your power.

Here are some thing that you can considered to create a practice of stop being a people pleaser:

- **Practice saying no:** Saying no without justifying your decision or over-explaining yourself is an important step in setting healthy boundaries as you move away from people-pleasing patterns.
- **Allow yourself time to make decisions:** Stall for time or delay answering immediately. This break offers time to prepare and be firm in your response. Taking time to weigh out your options is perfectly acceptable and okay.
- **Schedule time for yourself:** Make sure you block time in your calendar for alone time so you can take care of your own needs. Schedule and stick to your plans.

- **Consider your priorities:** Be aware of your values and priorities. Prioritize yourself if a request undermines or neglects your needs.
- **Don't apologize for saying no:** Say "no" without being too apologetically. When you apologize, you lessen your value and show others your needs can wait. Saying "no" without any feedback or explanation can help you feel empowered.
- **Work on your inner self:** Look inward to locate where your people-pleasing tendencies come from. Focus on healing the wound that may be causing these behaviors. Make sure you feel comfortable with yourself and honor all your needs.
- **Set boundaries:** Set and share your limits with people around you. You should set more limits in a relationship if a person does not accept or respect you when you say "no." Those who respect you will be proud of your efforts to care for your mental, emotional, and physical well-being.

If you found value in this guide
and would like to continue your
transformation journey



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without any obligations.