

3 STEP SELF-CARE FORMULA FOR PEOPLE PLEASERS



Stop feeling guilty, set healthy
boundaries and find your self-worth





1. Learn to press pause

In order to learn how to say 'No' you need to learn to press pause. The next time anybody asks you to do something - no matter what it is, practice your pause and tell them you'll get back to them.

Take some time to think whether you have the time, energy and resources to do it, and whether you would have said yes just to not disappoint them rather than because you really want to. Use the spaces below to explore what happens and how you feel.

Pause Notes

Pause Notes

Pause Notes



2. Know your worth with these 32 Daily Affirmations

I am intelligent

I am funny

I am worthy of love

My friends like me for who I am

I'm not perfect and that's okay

I am grateful for my home

I have time to do things I love

My thoughts matter

I am allowed to take up space

I am allowed to be loud

I like me

I love me

I am beautiful

I love my body

My feelings matter

I am grateful for my loved ones

I am so loved

I deserve and receive massive amounts of love every day

I am allowed to say No

My mistakes don't define me

I am important and I matter

I am enough

I love and accept myself

I find freedom in my vulnerability

I feel wonderful and alive

I am worthy

I am in charge of my own self-worth

I am exactly where I need to be right now

I let go of the things I cannot control

I am calm and peaceful

I am in love with myself and my body

My growth is a continuous process



3. PLAN YOUR SELF-CARE

mind

CURRENT PRACTICE:

NEW PRACTICE:

emotion

CURRENT PRACTICE:

NEW PRACTICE:

body

CURRENT PRACTICE:

NEW PRACTICE:

spirit

CURRENT PRACTICE:

NEW PRACTICE: