

THE PEOPLE PLEASER'S GUIDE

to finding your voice

Do these 3
things
every.single.day
and you *will*
find your voice

THIS IS YOUR LIFE. TAKE CONTROL OF IT.



SHARE YOUR PROGRESS!

Let us know how these steps help. Share your stories & wins with us. We want to hear your insights. We're rooting for you!

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#1

PRACTICE PUSHING BACK

Practice, every day, pushing back in a very small way. Until you act, nothing will change.

- Until you push back, you'll stay in this place of overwhelm.
- Plan in advance. You're not used to this so it'll take practice initially.
- Look at your diary and decide where you'll practice this step.
- Try different situations, e.g. change lunch to a coffee, change a meet up time.
- Keep it small and DAILY.
- Rehearse actually saying no. Have a bank of responses ready to use before your autopilot kicks in. Wait until the time & it's too late.

Why?

YOU'RE UNDOING AUTOMATIC HABITS

Change will **ONLY** come through practice. You may surprise yourself as your confidence builds & people respect your decisions.

Remember, we all have our own issues - the **ONLY** thing you can control is you.



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#2

WRITE IT DOWN

When you're overwhelmed from trying to do it all, you need to build awareness & find clarity.

- Move your thoughts from abstract to tangible. Get them out of your head & onto paper.
- Schedule 10-15 minutes at the same time DAILY to make this happen.
- Note the results of your pushing back. Notice patterns - what thoughts, situations & people are recurring?
- It's the first step in building awareness of your thoughts, YOUR needs and what needs to change.
- Look back through your notes every week or so. The more you write, the more you'll find patterns, themes and clarity.

Why?

YOU'RE BUILDING AWARENESS

An overwhelmed mind needs space and clarity. Writing thoughts means focusing on one thing at a time. Write before bed & you might sleep easier, too.



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#3

BAN THE WORD "SORRY"

Over use sorry & it means less & keeps you in guilt.

- Practice using positive alternatives, e.g. "I appreciate your flexibility", "thanks for your understanding". Research & note options.
- Only use "sorry" if you've intentionally caused physical or emotional harm to another.
- Check-in daily on how often you had the urge to say "sorry".
- Consider when you say sorry: what exactly are you sorry for? Is it truly necessary?
- Pay attention to those you admire. How often do they apologise & why? What do they say instead. Model that.

Why?

YOU'RE CHANGING YOUR INNER STORY

Remember, words have power, in and outside of you. You're either telling yourself & others you respect yourself, or not. As you get used to saying sorry less your confidence will grow.



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