

How to
QUIT PEOPLE PLEASING
THE RIGHT WAY
WORKBOOK



By @katarinathesecond

1st Exercise (Chapter 4)

Identify the pain

For you who have been hurt; in order to heal we need to 1st identify the pain.

Who hurt you?

How did they hurt you?

Why did they do that?

What situation was it?

When was it?

Come on terms with it, accept it. Don't try to brush it away deep down into yourself. Instead identify the pain so your body can heal it. This takes time and needs gentle approach. Don't be hard on yourself.

2nd Exercise (Chapter 5)

Know thyself

Quitting people pleasing the right way requires self awareness. These questions will help you to understand yourself more as a people pleaser.

When are you prone to people pleasing? In what situations? and most importantly WHY? What feeling do you have? (guilt, shame, responsibility, or other?)

Once you identify your WHY. You need to remind yourself about it on a regular basis until it becomes natural to you. So you won't get carried away with people pleasing again.

If you need a reminder on how to work with each feeling and how to properly analyse yourself, check the **chapter 5** in the *Quit people pleasing the right way* video.

3rd Exercise (Chapter 6)

Setting healthy boundaries

Now that you understand yourself and your WHY better, you can now start setting healthy boundaries.

What is acceptable for you and what is not?

How do you want other people to treat you?

How you don't want to be treated?

How can other people speak to you?

How far will you go in trying to please someone else that is acceptable to you and that doesn't require self sacrifice?

Set rules with yourself

For hardcore people pleasers; set yourself rules and get back to them always when needed.

In those rules write:

Proper communication would save the world from drowning

Remember also that you need to communicate your boundaries to other people. Without communication it simply won't work. How to effectively communicate your boundaries watch this video:



Wow, you're now past the worst! Facing your traumas and pains, the self searching, and boundaries. You've done such a good job! I'm proud of you<3. Now let's get to the good stuff.

4th Exercise (Chapter 7)

Skyrocket your self-esteem

You've now got boundaries, but have got some guts? Claiming your boundaries the right way requires some guts. Luckily, self-esteem will do a lot. So here's how we're gonna skyrocket your self esteem so you'll accept yourself the way you are and freaking love yourself:

1. Identify your flaws, what don't you like about yourself? Don't skip this <3.

2. Now write next to each flaw where does it come from? Did someone say that to you or it's something you made up yourself?

3. Once you have written it down. Go in front of a mirror and look yourself deep into your own eyes and read everything that you just wrote out loud.

4. Rewrite your flaws such as: I accept my flaws the way they are because that is what makes me beautiful and unique. There is so much beauty in uniqueness. That's what makes me, ME. *Accept yourself the way you are, it's your superpower.*

Let's not forget about these two friends: sense of belonging and feeling of competence. They are important in skyrocketing your self-esteem.

Feeling of belonging

1. identify your reasons for low sense of belonging is it friends, family, work place or perhaps the country you're living in? Write your reasons:

2. what can you do about it as soon as possible? Find new friends, talk with your family, change work place, move countries or travel a bit more often, find international friend, what?

3. This step is really simple: **do it.**

Sense of competence:

Best way to higher the feeling of competence is proving to yourself that you're great. Here's two ways how you can do it. 1st way is when you know where the problem lies and 2nd way is when you really don't know what to do.

1st way

1. Identify where you lack competence which you'd want to develop. For example you want to become a better version of yourself and start your self development journey or your want to become better at some skill you possess. Write it below.

2. Agree with yourself how you're going to do it and how often. Also define to yourself the end goal. So for example self development journey could be a one year journey where you decide to fully focus on yourself, heal yourself. You could do this by reading self development books or watching to youtubers or listening to podcast, implementing what you learn, so that after one year you're like a new person.

How? _____

How often? _____

Your end goal: _____

2nd Way: This is when you really don't know where you lack competence but you'd want to higher your self esteem by being more proud and confident in yourself.

1. Start learning new things, pick a hobby or a skill where you want to get better at it can be a completely new thing to you and preferably has to be something where is a trainer or someone else involved in some way or another that you get to proof your skills for example hobby where is competitions or shows, skills which you need to showcase.

Write it here: _____

2. Rate yourself from 1-5 how competent do you feel now in life in general? Here's the rating scale and its definition.

1= I'm not competent at all, I'm not good in anything and people never choose for me,

2= I get through my daily life, but I don't have any skill I'm really good at, and I'm also not confident in myself and my abilities

3= My trust into myself and my abilities is easily shakeable. I'm competent in some things in life but I often have to remind myself of it.

4= I trust in my self and my abilities. However, I am not 100 % confident in un know situations/ challenges and whether I'll be able to manage it.

5= I'm confident in myself and my competence in life. I don't need to be the best in everything, in order to be amazing. Nothing can shake me. I get thought every challenge.

How do you rate yourself now? _____

3. After you've completed the task fully, come back here and rate yourself from 1-5 on how good do you think of your competence now. Use the same rating scale.

How do you rate yourself now? _____

For more details and if you want to check back on the examples I shared with you, check the video 'Quit people pleasing *THE RIGHT WAY*' **chapter 7.**

Now let's move on to self respect.

5th Exercise (Chapter 8)

Self respect 🧑

It's not selfish to respect yourself.

For healthy self esteem we need self respect and vice versa. There's two ways to higher your self respect.

1 way when others don't respect your boundaries and 2nd way when you yourself don't respect your boundaries and have trouble to say no.

1st way:

When others don't respect your boundaries.

1. Try to remember those situations when you felt disrespected and let yourself be walked over. Which situation(s) is it? How does it happen? Why? Write.

2. Agree with yourself that next time you'll stand for yourself no matter how messy it will be.

If you don't know how could you stand for yourself you can copy this just adjust it to your situation: "I don't like it if you treat me like this / talk to me like this, I don't allow such treatment towards me. It is disrespectful. I'd appreciate it if you wouldn't do that again". Practise makes you master in this.

2nd way:

When you are bad at saying no and respecting your own boundaries.

1. Try to observe and notice situation(s) when you tend to put others needs in front of others try to become conscious about them. Write it down.

2. Remind yourself of these patterns occasionally

3. Next time when you're saying yes to something, before you do, ask yourself will this cause me problems in my own life? If the answer is no say yes if the answer is yes then say no.

6th Exercise (Chapter 9)

Satisfaction & fulfilment in life

Satisfaction and fulfilment in life plays also a big role in whether you're prone to people pleasing. Satisfaction and fulfilment in life go hand in hand with self respect and self esteem and they all affect each other.

To live satisfied and fulfilled life the best way to do this (in my opinion) is to live by your core values and keep track of your level of satisfaction and fulfilment in life with a help of wheel of life.

Core values exercise

To figure out your core values

1. Go through all the values and circle ALL that resonate with you
2. After you've completed that. Reduce the amount of values to 5. Be honest with yourself. Don't pick the values you desire to have, pick values that are really YOU.
3. These are now your core values.
4. Try to live according to them as much as possible.

List of values

Authenticity	Justice
Achievement	Kindness
Adventure	Knowledge
Authority	Leadership
Autonomy	Learning
Balance	Love
Beauty	Loyalty
Boldness	Meaningful Work
Compassion	Openness
Challenge	Optimism
Citizenship	Peace
Community	Pleasure
Competency	Poise
Contribution	Popularity
Creativity	Recognition
Curiosity	Religion
Determination	Reputation
Fairness	Respect
Faith	Responsibility
Fame	Security
Friendships	Self-Respect
Fun	Service
Growth	Spirituality
Happiness	Stability
Honesty	Success

Humor	Status
Influence	Trustworthiness
Inner Harmony	Wealth Wisdom

Your 5 core values:

1. _____
2. _____
3. _____
4. _____
5. _____

Wheel of life exercise

Your fulfilment and satisfaction in life is a complex thing which consists of all the aspects of your life. If one part of your life is lacking attention, it affects your whole well being.

To do this exercise

1. draw a circle.

2. Divide this circle in 8 sections and name them as following: career, finances, health, family and home, friends and social, spiritual / self-development, education, mental health.
3. Rate each area of life from 1-10. 1 is really bad 10 is excellent.
4. Those areas that are not doing so well (are below 6) need immediate attention. Start working on these areas of your life. How will you elevate them?
5. Repeat this exercise each 3 to 6 months to keep track of yourself.

If you need even better instructions watch the Autumn reset video where I explain this exercise in detail 😊.



You've now completed all the exercises on how to quit people pleasing the right way. You should now be mastering the power of kindness, have healthy boundaries, respect yourself. We also worked on your self esteem to skyrocket it, we practiced self trust yourself and by now you should be loving yourself at least a little bit more <3. We also turned knife in painful wounds a little bit but this was all needed to kickstart the healing process. You faced your insecurities and rewrote the messaging of them into more positive which is crucial to accept your amazing self the way you are.

In conclusion, with completing this workbook you've done significant job to become a better version of yourself. You've done a great job! Now go see how other people start to respect you and get attracted to the magnetic new you. You'll have amazing quality people around you and

you'll finally stand for yourself without cutting everyone out and turning into yourself. You'll simply have great time living the life.

Here are still few quitting people pleasing the right way rules / reminders for you to get back to when needed. These rules / reminders are suitable for all kind of people pleasers and their purpose is to serve you as a quick reminder whenever you're feeling like you're leaning to people pleasing.

THE 6 RULES / REMINDERS:

1. I can help other people but it should never be by sacrificing on myself.
2. Self respect is when you put your own needs first and then help others if you physically or mentally can.
3. I should not put myself into trouble in order to please someone else.
4. Saying no will hurt only first time the most, after that it's peanuts.
5. I'm not responsible for anyone's life. We all as adults are in the first place responsible for our own life.
6. Kindness does not equal people pleasing and being mean to others does not equal protection of my own peace.

Now go take on the world <3 Thank you so much for downloading this workbook. Hopefully you've enjoyed it. If you have please share it with your dear friends.



With love Katarina
@katarinathesecond