

The PEOPLE PLEASER

A Quick-Reference Guide



Core Pattern

Building your life around everyone else's needs. Like the fruit tree, everyone picks from your fruit but few nourish your roots.

<p><i>How it Shows Up</i></p>	<ul style="list-style-type: none"> ⇒ Saying yes without thought ⇒ Feeling responsible for other people's emotions ⇒ Anticipating needs before anyone asks ⇒ Not knowing what YOU actually want ⇒ Being exhausted from constantly giving ⇒ Feeling quietly resentful ⇒ Feeling guilty for considering yourself ⇒ Apologizing for having your own needs 	<p><u>Actions to Practice</u></p> <ol style="list-style-type: none"> Saying "let me check and get back to you" instead of an automatic YES. Allows time to think through what you really want to do. Accept help in THREE instances this week. Allows you to practice receiving. Say YES when someone offers or ASK when necessary. Ask yourself "What do I need?" at moments of decision. Check in with yourself before, or in addition to, checking on everyone else. <p style="text-align: center;">CAUTION CAUTION CAUTION CAUTION CAUTION</p> <p><u>Watch Out For:</u></p> <ul style="list-style-type: none"> ⚠ Saying yes without thinking ⚠ Quiet feelings of resentment ⚠ Constantly feeling exhausted ⚠ Not being tuned in to your own needs ⚠ Making everyone else's emergencies your own
<p><i>Hidden Strengths</i></p>	<ul style="list-style-type: none"> ✓ Deeply empathetic and caring ✓ Excellent at reading others ✓ Reliable and trustworthy ✓ Generous with your time and energy ✓ Creates harmony in groups ✓ Makes others feel seen and cared for ✓ Strong intuition about what people need 	
<p><i>What Depletes Your Soil</i></p>	<ul style="list-style-type: none"> ✗ One-side relationships that take but don't give ✗ People who don't ask about YOUR needs ✗ Environments where your worth = your usefulness ✗ Never-ending requests and obligations ✗ Being the "responsible one" everyone leans on ✗ Guilt trips and manipulation 	
<p><i>What Fertilizes Your Soil</i></p>	<ul style="list-style-type: none"> ✓ Reciprocal relationships ✓ People who ask what you need ✓ Permission to receive as much as you give ✓ Boundaries that are respected ✓ Time and space for yourself ✓ Validation for who you are, not what you can give 	

Your Mantra: "My needs matter. I deserve to fill my own cup first."

Your Takeaway: A kind "no" is better than a resentful "yes." You are worth making yourself a priority. Saying no to others is saying yes to yourself!