

SHINE YOUR LIGHT - FOR PEOPLE-PLEASERS

INSTRUCTIONS:

Please be gentle with yourself.

1. WHERE AM I PUTTING OTHERS' NEEDS AHEAD OF MY OWN?
2. WHAT ARE THE 3 MOST COMMON WAYS THAT I DEMONSTRATE PEOPLE-PLEASING IN MY LIFE?
3. WHAT IS ONE THING THAT I'M SCARED PEOPLE WILL THINK OF ME?
4. WHAT AM I TRYING TO CONTROL?
5. WHAT ARE THE EXCUSES (OR RATIONALIZATIONS) THAT I USE TO TELL MYSELF IT'S OK TO GIVE MORE TO OTHERS THAN MYSELF?
6. WHY DO I USE THESE EXCUSES/RATIONALIZATIONS? WHAT AM I SCARED OF?
7. WHERE DOES MY TENDENCY TO PEOPLE-PLEASE COME FROM?
8. WHAT DOES LIFE LOOK LIKE WHEN I'M NOT TRYING TO PLEASE OTHERS FIRST?
9. WHAT DO I TEND TO "WANT" PEOPLE TO DO FOR ME, AND HOW CAN I DO THAT FOR MYSELF?
10. WHAT DO I NOT WANT TO TELL ANYONE, AND WHY IS THAT IMPORTANT FOR PEOPLE TO HEAR?