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People Pleasing Worksheet

See

*Just fill in whatever comes up
Judge or edit, just write down*

Keeping people happy

I need to make people

I'd be more relaxed if only you

I'll meet you there

Tasks should be completed

Other people's needs are

I want approval from

I'd be free to relax when

Saying yes when I mean no

Saying no means

In prioritized time off I need:

Perfection is when

Practise in any life moments

If I let others down I'm afraid

Achievement equals

When I achieve I am

Completion is

Re

Grab a highlighter pen as the health and life-enhancing are no longer true for you, you and those who are in

Old Belief

People -

The way in which you show a
outspilled for years. This even
habit formed, how it impacts
expressed.

Recall a time in your childhood
wrong for being your real self
your parents be grown up.

What happened?

What was your experience like

What would you **NOT** be? Why?

In that moment WHO did you reject? Disapproval and rejection?

Stop People Pleasing

What do you personally get when you gain the approval or praise from another person? How does this affect you? What is your response when the opposite happens and you don't get approval?

Are there specific people whom you yearn for their acceptance and approval? If so, why do you think you're wanting the approval specifically from these people?

How has seeking approval really impacted how you show up in life? (What don't you have in your life right now that you really want?)

What new way of being and acting do you want to create? How might you shift to this new mindset into a way of being?