

PIVOTING AWAY FROM *PEOPLE-PLEASING*

Learning when and how to say “yes” and “no” is a simple, yet powerful skill.

6 Ways to start saying “no” to others.

This is a bit of a slight of hand trick, because for so many people-pleasers actually saying “no” is **terrifying** (am I right!?). The strategy here is that you don’t have to say “no,” at least, not at first. You can say one of these things instead:

- I need a little time to consider if I can accommodate that request.
- Hmm, I’m not sure. Let me think about that...
- Thank you for including me/thinking of me for this! I’ll give it some thought and reach back out once I know my availability.
- I’ll need to get back to you on that.
- I need to check my schedule/calendar/availability. I’ll loop back around once I’m clear.
- My plate is feeling really full right now, I want to give it some thought before I commit.

And lastly, if the other person pressures you for an immediate answer, you can respond with:

- If you need an answer right now, I totally get that, and, I’m not going to be the best person for this task/chore/request/opportunity.

5 Ways to start saying “yes” to you.

Developing self-awareness is a key to ending the pattern of people-pleasing. Since you’re so used to focusing your awareness on other people, retraining yourself to take *you* into consideration takes a little practice. Each time you turn your attention inward, you are in effect saying “yes” to your Self. Here are some prompts to play with so that you can start to bring some loving awareness to your own body, mind and spirit.

- How do I feel about this situation/choice/opportunity/obligation?
- If I didn’t have to consider anyone else in my decision making process, what would I choose?
- What do I want to do?
- What do I need right now/today/this week?
- How can I take really good care of myself today?

Self-compassion is essential.

Changing how you talk to yourself is a must if you’re going to ditch the pattern of self-sacrifice. Here are a few affirmations/mantras/gentle reminders for you to experiment with. You can play with closing your eyes for a few minutes and saying these phrases silently to yourself while you breathe, or you can repeat them silently to yourself as you move throughout your day. Or both!

I’m doing the
best I can.

I allow myself
to be imperfect.

May I receive
love and care.

Thank you for downloading *Pivoting Away from People-Pleasing!*

For more insight and support on your path to wholeness and authenticity, be sure to follow me on Instagram [here](#).

And don't forget to check out my website rachaelchatham.com

xo, Rachael



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