



Action Steps to Let Go of People Pleasing

There are five components to the change process: 1) Pay Attention; 2) Choose one thing you want to change; 3) Develop a plan of action; 4) Practice your plan when needed; 5) Find accountability for the process. Repeat.

This worksheet is for your process.

Step 1: In the next five days, keep a physical tally of the times you say Yes when you want to say No

Step 2: With this data, answer these three questions: what is the payoff for you saying Yes? What does saying Yes cost you? Is the cost more or less than the payoff?

Step 3: With this awareness, imagine what your day(s) would be like if you weren't paying the cost of saying Yes when you want to say No. Write it out.

Step 4: Translate your answer in Step 3 to an action plan. For example: "I will look at my calendar before I respond to the request for my help."

Step 5: Reach out to a trusted friend, co-worker or family member to help you with accountability as you practice your plan.

Sometimes it's helpful to have neutral accountability and encouragement. That's a good time to reach out to a coach. I'm here to support you on your journey of transformation! Reach out at lisa@lisalewiscoaching.com