📝 5-Steps Checklist to End People Pleasing Today

Stop saying "yes" to everyone and start saying YES to yourself.

Step 1: Awareness – Catch Yourself in the Act

You can't change what you don't notice.

- I paused and **noticed when I said "yes" even though I didn't want to.**
- I identified **the situation, person, and emotion** that triggered me to please.
- I asked myself: *"Am I doing this out of fear, guilt, or love?"*
- I wrote down one moment from today where I felt drained after helping someone.

Step 2: Break the Automatic "YES" Pattern

Replace knee-jerk yes with mindful choice.

- I **practiced saying these scripts** when someone asked for something:
  - "Let me check my schedule and get back to you."
  - "I'd love to help, but I'm not available right now."
  - "That doesn't work for me, but here's what I *can* do."
- I used **a pause before responding** even 3 seconds makes a difference.
- I reminded myself: *"Their feelings are not my responsibility."*

Step 3: Build Boundaries You Can Stick To

Boundaries are a form of self-love.

- I wrote down **3 things I am no longer available for** (e.g., last-minute favors, unpaid extra work, toxic gossip).
- I communicated **one small boundary** clearly and calmly today.
- I reminded myself: *"Saying no to them is saying yes to me."*

Step 4: Heal the Root Cause

Pleasing people isn't just a habit - it's a wound.

- I reflected on **where my need for approval began** (childhood, past relationships, etc.).
- I journaled on this prompt: *"What am I afraid will happen if I stop pleasing others?"*
- I reminded myself that my **worth is not dependent on others' happiness.**

Step 5: Daily Self-Worth Ritual (5 Minutes)

The stronger your self-worth, the easier it becomes to say no.

- I said these affirmations out loud today:
    - "I am worthy even when I disappoint others."
    - "My needs matter just as much as theirs."
    - "I am loved for who I am, not just what I do."
- I did **one act of self-care**, even if it was small (tea break, walk, deep breathing).
- I celebrated one time I honored my boundary.

Book a Free 1-on-1 Call with me to manifest your dream life and stop pleasing people - https://cal.com/manvibansal/therapy-clarity-call