



People Pleasing Worksheet

Why do you people please?

Where did you learn this behavior?

What purpose does it serve? (To keep the peace, to feel loved, to avoid confirmation?)

What assumptions have you made?

What story have you convinced yourself of?

What if these assumptions & story wasn't true... how would you show up differently?

What do you really want?

If there wasn't any fear what would you do differently?

Baby-step: What is one thing you could do, say or let go of that would get you closer to what you really want?