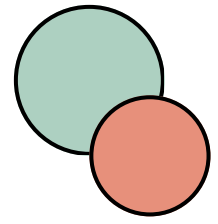




Overcome People Pleasing Once And For All:

*A Guide to say “No” and Set
Boundaries*





THE CONTENT

- WHY IS THIS GUIDE HELPFUL?
- STEPS
- REFLECTION PROMPTS
- SAMPLE BILL OF RIGHTS
- YOUR PERSONAL BILL OF RIGHTS
- FIND YOUR WHY
- LEARN MORE WITH JENNY SMITH

JOYFEEL THERAPY



Why A Guide?

Writing your guide to say “No” is a powerful exercise for everyone. It is a way to take control of your life and define the values and boundaries that are important to you. Your guide is a list of rights that you inherently have as a human being and do not need to be earned or achieved. These rights are essential to your well-being and happiness, and they serve as guidelines for how you expect to be treated.

This exercise serves as a tool to support you in clarifying your values, setting boundaries and providing a sense of agency over your life and decisions. It can be particularly helpful during challenging times, conflict in relationships, or when you need to remember your worth and what you deserve.



As you reflect and write your rights, writing a guide to say “No” is a powerful exercise that everyone should try. It helps you take control of your life and set boundaries that align with your values. This guide consists of a list of your inherent rights as a human being, which you do not need to earn or achieve. These rights are crucial to your well-being and happiness, and they serve as guidelines for how you expect to be treated.

This exercise can help you clarify your values, set boundaries and give you a sense of agency over your life and decisions. It is particularly useful during challenging times or conflicts in relationships, and when you need to remember your worth and what you deserve.

When you reflect and write your rights, focus on your desires and needs. This guide is meant for you, so it should empower you, make you feel authentic, and set you free. Consider what rights you want to live by in your empowered, authentic, and free future self.

Remember that your guide is not set in stone. You can review and revise it as your needs and values evolve. You can use the sample guide provided for assistance as you create your own. Once you have completed your list, consider making it your screensaver on your phone or computer or printing it out and placing it somewhere visible. This way, it can serve as a daily reminder of your rights and empower you to live by them. Think about your desires and needs. This guide is just for you, so focus on what empowers you, makes you feel authentic, and sets you free. What rights are you living by in your empowered, authentic, and free future self?

Your guide is not set in stone. You can review and revise it as your needs and values evolve. Feel free to use the sample guide provided for assistance as you create your own. Once your list is complete, consider making it your screensaver on your phone or computer, or printing it out and placing it somewhere you'll see it often! This can serve as a daily reminder of your rights and empower you to live by them.

Steps

1. Reflect & Envision

An essential step in crafting your guide is to reflect on what your life currently looks like and envision the future. The next two pages are prompts to guide you in this step.

2. Review & Write

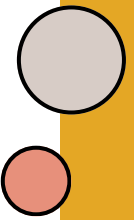
After reflecting, you will see a sample guide provided. You can use this to guide you as you start drafting your guides.

3. Find your Why

After you write your guide, please think about the **WHY** behind each one. Identifying the importance of each will help you have a more effective implementation of the rights in your daily life.



REFLECTION PROMPTS



How do you physically and emotionally feel at this moment?

Think about your goals and aspirations. What obstacles do you face in achieving them? How can setting boundaries help you overcome these obstacles?

Imagine your ideal relationship or social interactions. What would they look like? How would you feel in those situations?

REFLECTION PROMPTS

Consider your daily routine. Are there areas where you neglect self-care or prioritize others' needs over your own? How does this make you feel?

Think about your energy levels. Are there people, places, or thought patterns getting more of your energy than they deserve?

Imagine yourself in a future where you feel confident, secure, and at peace. What steps can you take today to move closer to that future? How can defining your rights help you achieve this vision?

EXAMPLE

I HAVE THE RIGHT TO...

I have the right to ask for what I need

I have the right to feel and express all of my feelings

I have the right to change my mind

I have the right to forgive myself for past mistakes & learn from them

I have the right to say no without justification or excuse

I have the right to engage in activities that bring me joy and fulfillment

I have the right to take care of my physical health, including eating well and getting enough
rest

I have the right to prioritize my mental and emotional well-being

I have the right to not be responsible for others feelings

I have the right to pursue meaningful relationships that are based on trust and
respect

I HAVE A VOICE

I HAVE THE RIGHT TO...























Find your why

What is the **WHY** behind each of your rights?

EXAMPLE: I HAVE THE
RIGHT TO ASK FOR WHAT I
NEED

I know I tend to not consider my own needs. This leads to resentment and feelings of overwhelm. This right serves as a reminder to put my needs first.

Take the First Step Towards Empowerment:

I understand how difficult it can be to say no and constantly try to please others. This can have a profound impact on one's well-being, leading to feelings of stress, anxiety, and being overwhelmed. Many of my adult women clients struggle with this issue, and I am here to help. If you're ready to break free from people-pleasing and regain your sense of self-worth and autonomy, we can work together. We'll explore your values, experiences, and needs to create a guide that reflects your true worth and empowers you to lead a fulfilling life. To book a free 20-minute phone consultation, please click on the link below.

FREE CONSULTATION



JENNY SMITH

Founder of JoyFeel Therapy, who specializes trauma therapy using EMDR (Eye Movement Desensitization and Reprocessing)



Thank you!