

FREE!

The
People-Pleaser's Guide
to Saying
"No" Without the Guilt



The People-Pleaser's Guide to Saying "No" Without the Guilt

Hello Friend,

If you are opening this guide, you may be feeling overwhelmed with life's many commitments. As a tender-hearted woman, you see so many needs, but there's just not enough of you to go around, is there?

I know – I've been there, too — exhausted and overwhelmed by everything coming my way, convinced that not one single thing could be taken off my plate. People-pleasing was the norm in my life, a learned behavior that kept me trapped in a never ending spiral of over-responsibility.

I'm here to assure you — there is hope for a life that feels exhausting.

People-pleasing is a learned behavior that can be un-learned. There are skills you can access to help you find a better way.

The People Pleaser's Guide to Saying "No" Without the Guilt is designed to help get you started. Inside you'll find four tools to help you begin walking away from a life that exhausts you.

The first tool, **Reflection Questions for People-Pleasers**, will help you think about your activities and how you are spending your time. As you identify areas of tension, you will be able to find starting points for making the changes you desire.

The second tool, **8 Tips for the Exhausted Woman**, will give you strategies you can use to help you manage your time. You can't always control what comes your way, but you can control how you respond to it.

The third tool is my favorite – **How to Say No Without the Guilt**. The "without the guilt" part takes practice and courage. In time, you'll be able to stop second-guessing your decisions and give a prayerful and confident "no" in order to make room for the "yes" that Jesus wants to hear you say. These examples are a place to start when you need a graceful ways to respond to someone's request.

The fourth tool, **Declarations for a Balanced Life**, will give you statements to remember and repeat as you work on setting better boundaries and keeping a healthy balance in your life and relationships.

If you are feeling over-extended and need to create better boundaries, I am a life coach and I can help you with that! I offer workshops designed just for tender-hearted women. In my workshops you'll discover how to exchange people-pleasing for better boundaries so you can live a life that's no longer so exhausting and overwhelming.

To find out more, simply email me at leslie@leslieneumancoaching.com and let me know, "I'd like to find out more about your workshops." I'd love to hear from you!

Sincerely,
Leslie Newman

Reflection Questions for People-Pleasers

Think about some different areas of your life and how you spend your time in these areas (your home life, your relationships, your family, your job, etc.). Where are you most satisfied? Where are you least satisfied?

As you think about how you are spending your time, what's missing? What do you wish you could do or have, but can't because there's not enough time for it? (This could be an event, a dream or desire, or deeper connection in relationships.)

What energizes you? What things are you doing that drain your energy? Try to be specific.

What are your priorities and your values? Does the way you spend your time align with the things you value?

Are you making decisions based on other people's expectations? Do you know your purpose during this season of life?

What percentage of time do you spend doing things you actually feel called to do? What would you like that percentage to be?

On a scale of 1-10, how do you feel about your life right now? What would you like that number to be? What would change in your life if that number were where you wanted it to be?

As you reflect on the questions above, what intentional steps can you take to start changing the things you want to change? What boundaries or limits might help you with the changes you desire?

Are these challenging questions for you? They were for me, too. It's often helpful to have an outside perspective when answering questions such as these. As a life coach, I can help you figure out the answers. To find out more, simply contact me at leslie@leslieneumancoaching.com and let me know "I'd love to find out more."

8 Tips for the Exhausted Woman

➤ **It's OK to say "No"**

If you are struggling with an overcommitted lifestyle, saying "no" will keep you from adding even more things to an already full plate. It's healthy and necessary to say "no" in life.

➤ **Guard Your Time**

Time is precious. You can't get it back once you give it away. Giving away too much of your time keeps you from having the ability to do the things God created you to do.

➤ **Set Boundaries**

Setting boundaries is healthy and can be immensely helpful in balancing out an overcommitted life. Boundaries help you keep what is yours and let go of what is not. Learn about boundaries and begin implementing them in your life to free up your time and energy.

➤ **If You Add, Remember to Subtract**

If you decide to take on a new commitment, consider taking something else off your plate before you accept it. This will help keep things balanced!

➤ **Know your Values**

Your values help establish who you are and who you are not. They are defining boundaries that lead you to wise decisions and a life that is in alignment with who you are.

➤ **Know Your Purpose**

God created you for distinct purposes. Knowing your purpose in life will point you in the right direction when you consider your commitments. One of the most valuable pieces of paper that you will ever own is the one that states your values and purpose. Having this in front of you takes away the guilt of saying, "No."

➤ **Do Less for More Impact**

When overcommitment spreads you too thin, you can't reach your full potential in any area. In doing less, you have more mental energy and your work and life will have far more impact.

➤ **Pray**

Ask God to help you sort out your commitments, discover His purposes, and get you on track with managing your time for the most impact which leads to a life that is fulfilling and lived for God's glory.

Have you ever identified your values? Are you wondering what your purpose is? As a life coach, I can help you identify these vitally important things. To find out more, simply contact me at leslie@leslieneumancoaching.com and let me know "I'd love to find out more."

How to Say “No” Without the Guilt

Here are some real-life examples of how to say “no” gracefully. You’ll also find these answers are guilt-free because they come from having healthy boundaries and knowing your values and purpose.

➡ **“I am keeping my life balanced so I don’t overload myself or my family. I’m unable to take new commitments at this time.”** *(You are considering your needs and the needs of others around you.)*

➡ **“I’ve got too much on my plate right now, and I don’t have the time it would take to do a good job on that project.”** *(You are being responsible and don’t want to take on a job if you don’t have enough time and energy to do it well.)*

➡ **“I can only work on one project at a time. Check back with me at a later date and I’ll let you know if I’m available.”** *(You are protecting your mental bandwidth.)*

➡ **“I’m not the right person for that job. Someone else is more suited to that position.”** *(Taking on something that you aren’t suited for means you are taking that position away from someone else who was meant to do it. Leave the space open so the right person can find it.)*

➡ **“I’m not able to take that on because that’s not where God is calling me in this season of life.”** *(You know your purpose and you are making sure you have the time and energy available to put into the calling that God has put on your heart.)*

➡ **“As much as I would love to do that, taking on that position would take time away from the things that God has called me to be involved in right now.”** *(You are protecting your time and energy so you can do what God has called you to do.)*

➡ **“I can’t give you an answer right now. Let me pray about it, and I will get back to you.”** *(You are taking time to listen to God before you answer. You are giving yourself time for reflection so you can give a wise and well thought out answer.)*

Are you ready to see how better boundaries can guide your decisions and help you say “no” without the guilt? Contact me at leslie@leslienewmancoaching.com and let me know, “I’d love to find out more about your workshops.”

Declarations for a Balanced Life

Repeating the declarations below will help you keep a healthy boundaries so you can energetically serve others without feeling so exhausted and overwhelmed in the process.

➡ **I say no when necessary.** This helps me lead a well balanced life that does not lead me or my loved ones to frustration, overload, or resentment.

➡ **I guard my time.** I do not give away too much of my time to things outside of my God-given purposes.

➡ **I set healthy boundaries.** Boundaries around what I can and can not do help me use my time wisely.

➡ **I seek to live a balanced life.** If I add a new commitment to my schedule, I will try to let something else go.

➡ **I do less for more impact.** I choose to focus my time in places where I can have the maximum impact.

➡ **I know my purpose.** Knowing my purpose helps me prioritize my commitments and gives me the ability to stay in line with the callings God has placed on my heart.

➡ **I seek an outside perspective.** I choose a trusted friend, family member, mentor, coach, or counselor for an outside perspective to help me make wise decisions about my life and commitments.

➡ **I pray, seeking the greatest perspective of all.** I ask God for His direction, strength, and wisdom as I make decisions about my life, relationships, and commitments.