YOUR MOTIVATION

WHO DO YOU WANT TO STOP PEOPLE PLEASING?:

Why?

What do you most want as a result of doing this programme?

Are you committed to doing the work to get this result?
Why?

We're going to remove the barrier of what other people think about you forever.
We're going to take a deep dive into your "everyone" and what "everyone will think".
You'll decide from now on only to take action based on what you think.

What do people think about you now?

If you went for all your dreams and achieved them, what would people think?

If you went for all your dreams and failed, what would people think?

In what ways are people right about you? So what?

In what ways are they wrong about you? Are you willing to let them be wrong? Why or why not?

What are you committed to believing about yourself no matter what others may or may not think?

CHOSEN RELATIONSHIP

CHOOSE ONE PERSON OF FOCUS:

Judge this person. Don't hold back. Let all the "ugly" judgments out of your head.
One sentence per line below. Don't edit yourself or try to be appropriate or kind.
Get it all out.

Now, go back through the list and notice how many of these judgments also apply to you.
Circle those that are true about you.
Notice that most judgments of others are projections. Allow yourself to be curious about this.