

ASSESSING PEOPLE-PLEASING HABITS

QUIZ - SCALE OF 1-5 (1 is strongly disagree / 5 is strongly agree). The closer to the number 5 you are, the less likely you are to people please.

- I can easily say no to people's requests.
- I feel confident in myself, even when others are upset with me.
- I can confidently set guilt-free boundaries with others.
- I have plenty of time for myself.
- I don't apologize for prioritizing myself.
- I only accept blame when I caused the problem.
- I only agree to things I believe to be true in my heart.
- I rarely ever feel taken advantage of.
- I can confidently address conflict.

LEVELS OF PEOPLE PLEASING HABITS

LEVEL 0

- Caring/empathic person

LEVEL I

- a request is made
- motive - to prove value or worth - acceptance
- anchored in insecurity

external*internal***LEVEL II**

- a request is assumed
- motive - to avoid punishment/ conflict
- anchored in fear

WEEKLY ASSIGNMENTS

1

WEEK ONE: AWARENESS

COMPLETE THE QUIZ ON PAGE 1, THEN ANSWER THE QUESTION BELOW.

After reviewing your quiz results, on a scale of 1-5, how likely are you to people please?

Which level of people pleasing are you most likely to engage in?

WEEK 1 EXERCISE - BUILDING AWARENESS:

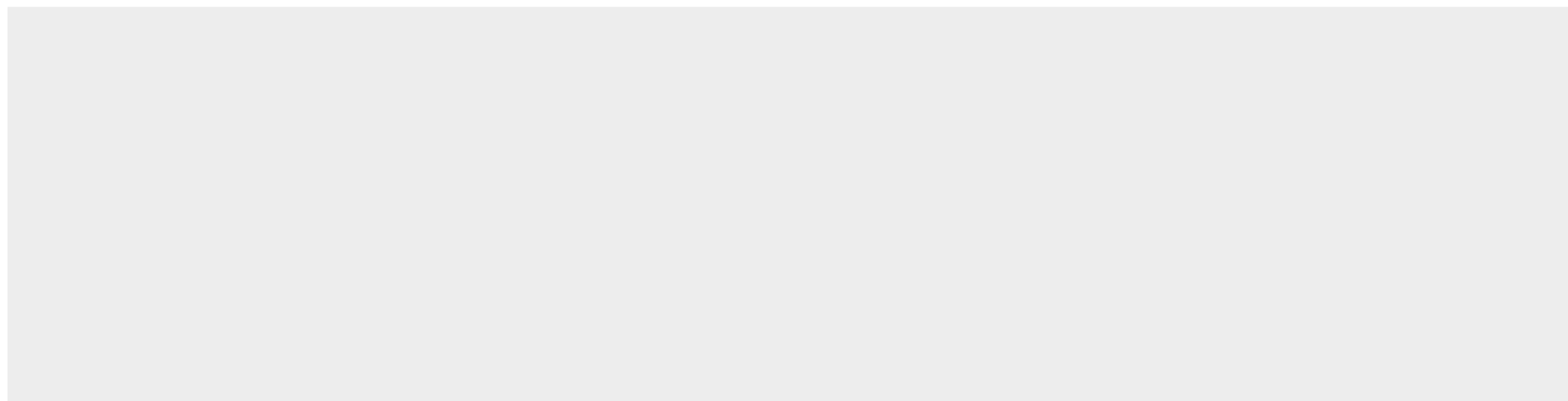
FOR 1 WEEK TRACK YOUR PEOPLE-PLEASING HABITS AND FILL OUT THE CHART BELOW:

Who are you trying to please?	What are you doing to please them?	Why are you trying to please them?	What emotions are you feeling?	Which level of pleasing are you at?

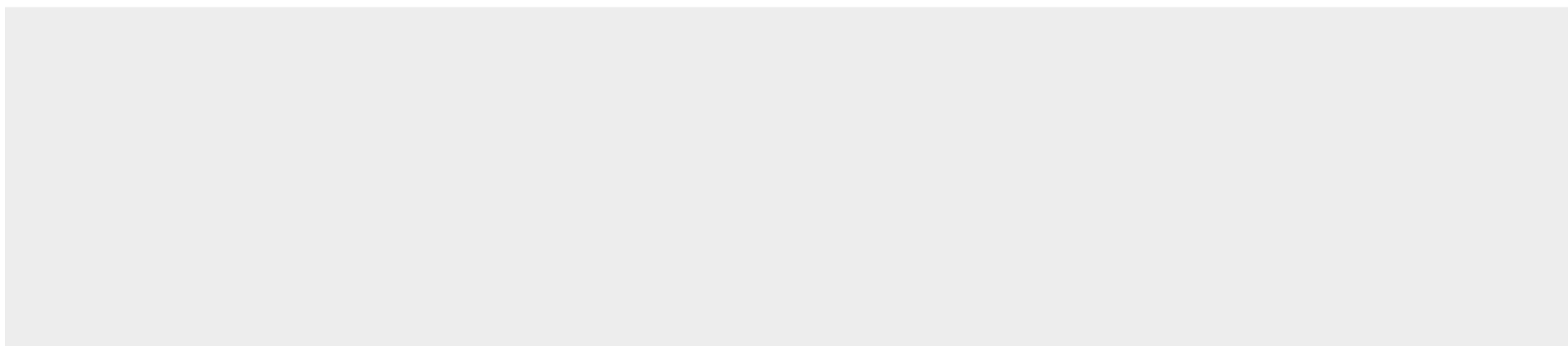
WEEKLY ASSIGNMENTS

2 WEEK TWO: SELECTION

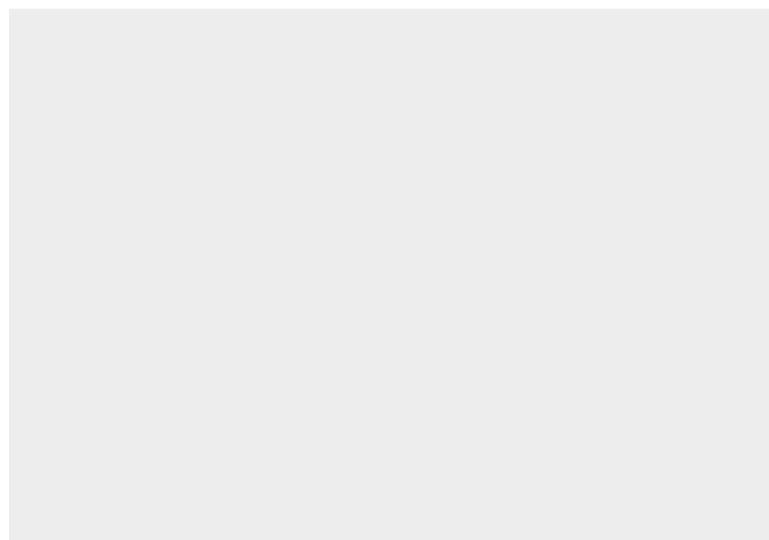
After reviewing the information you gathered in week 1, what new insights have you gained around your people-pleasing habits?

**WEEK 2 EXERCISE - SELECTION:**

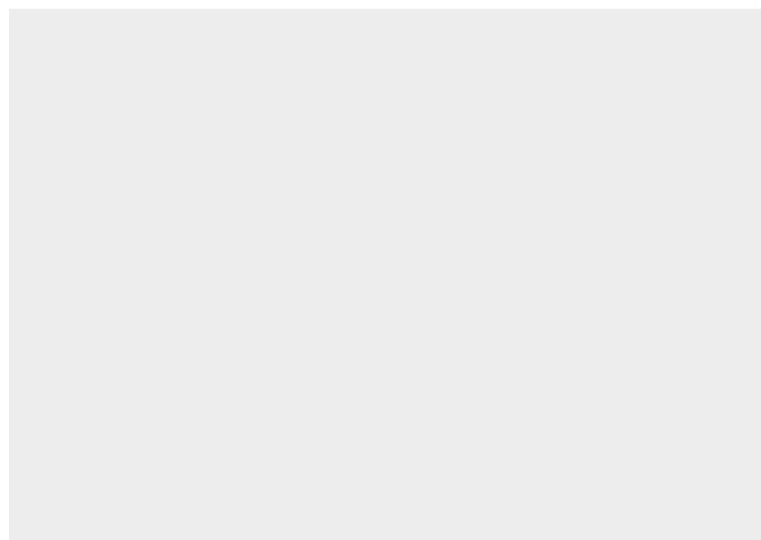
Review the list of people you strive to please. Select the individual you most wish to stop pleasing. Why did you select this individual?



What will you do differently?
What boundaries will you set?



Why is this important and how will it enhance your work performance?



WEEKLY ASSIGNMENTS

3

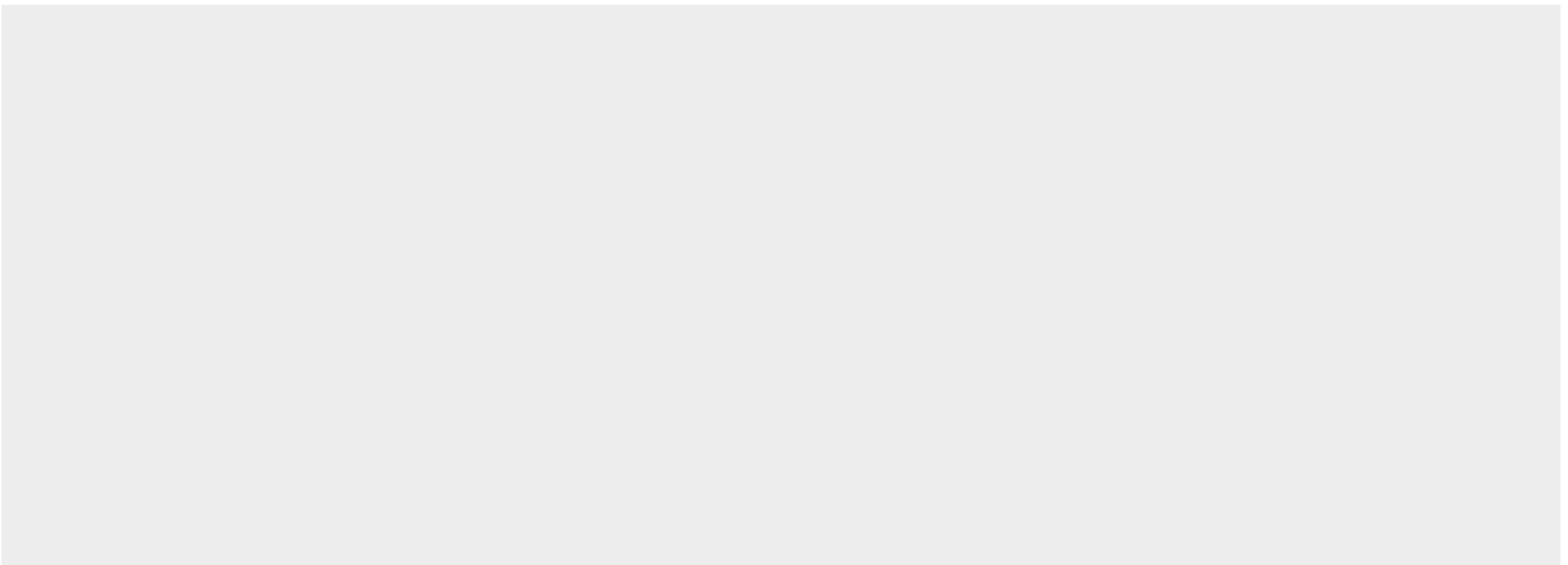
WEEK THREE: ACTION

What are 5 things I can do to decrease my people-pleasing tendencies with this individual?



Throughout the week, take action on the list above.

In the space below, track, acknowledge, and validate ALL emotions that come up.





WEEK FOUR: REFLECTION

Reflection

How have the shifts made during weeks 1, 2 and 3 affected you and your work? How have others responded? What additional actions can you take to further decrease people-pleasing tendencies?

Celebrate your Progress!