



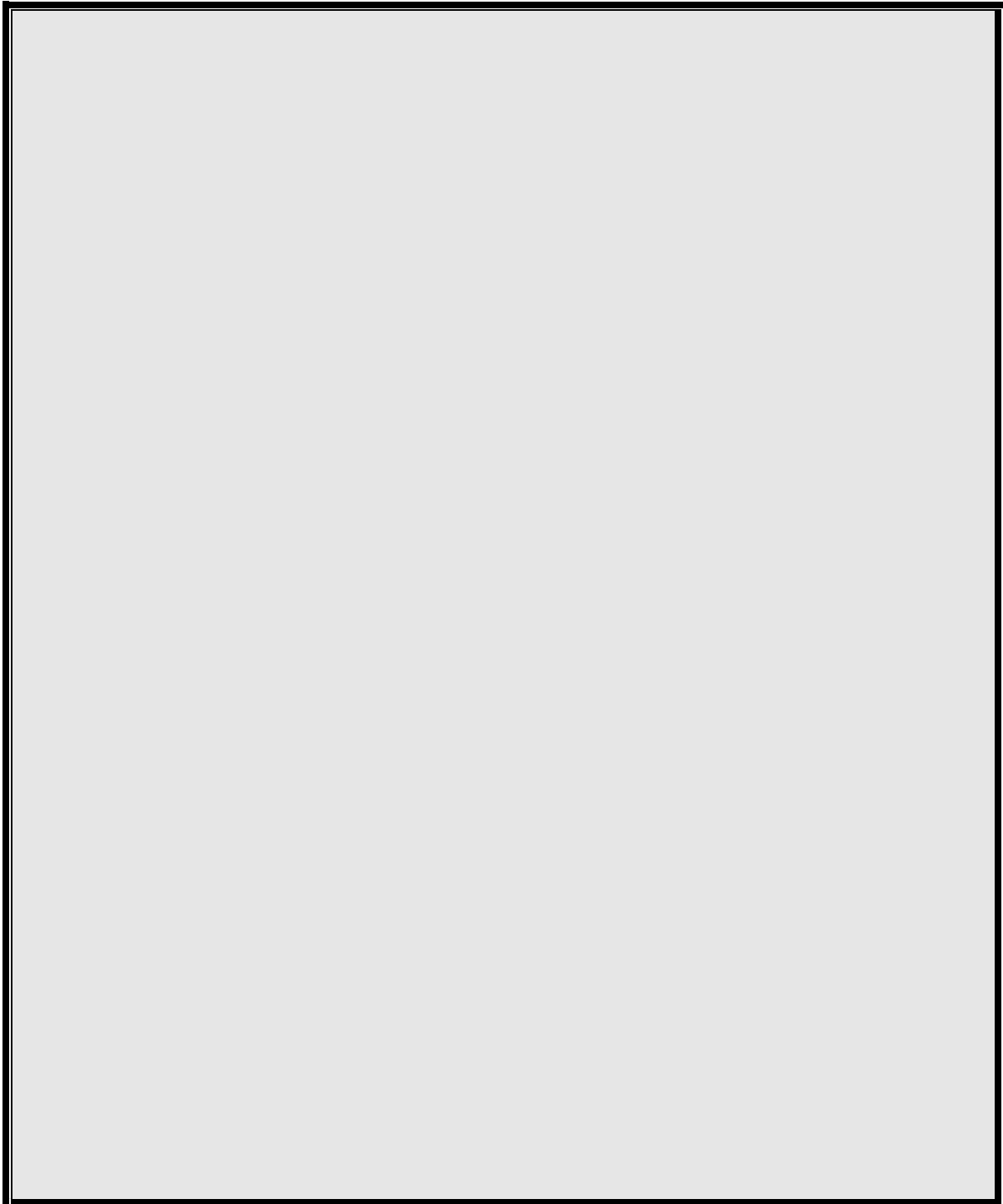
Overcoming the Need To be a People Pleaser.

Welcome to this exciting course – the following sheets are the worksheets you can chose to use for the Exercises in this course.



Part 5 – Exercise One

Look back at your childhood and younger years. Can you see where the pattern of pleasing people started? Write down your memories:



Part 8 – Exercise Three

Write down ten of your positive traits and carry these with you to remind yourself of your unique inner qualities.

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Part 9 – Exercise Four

At the end of each day – look back and write down three Good Things that Happened during the day:

1.
2.
3.

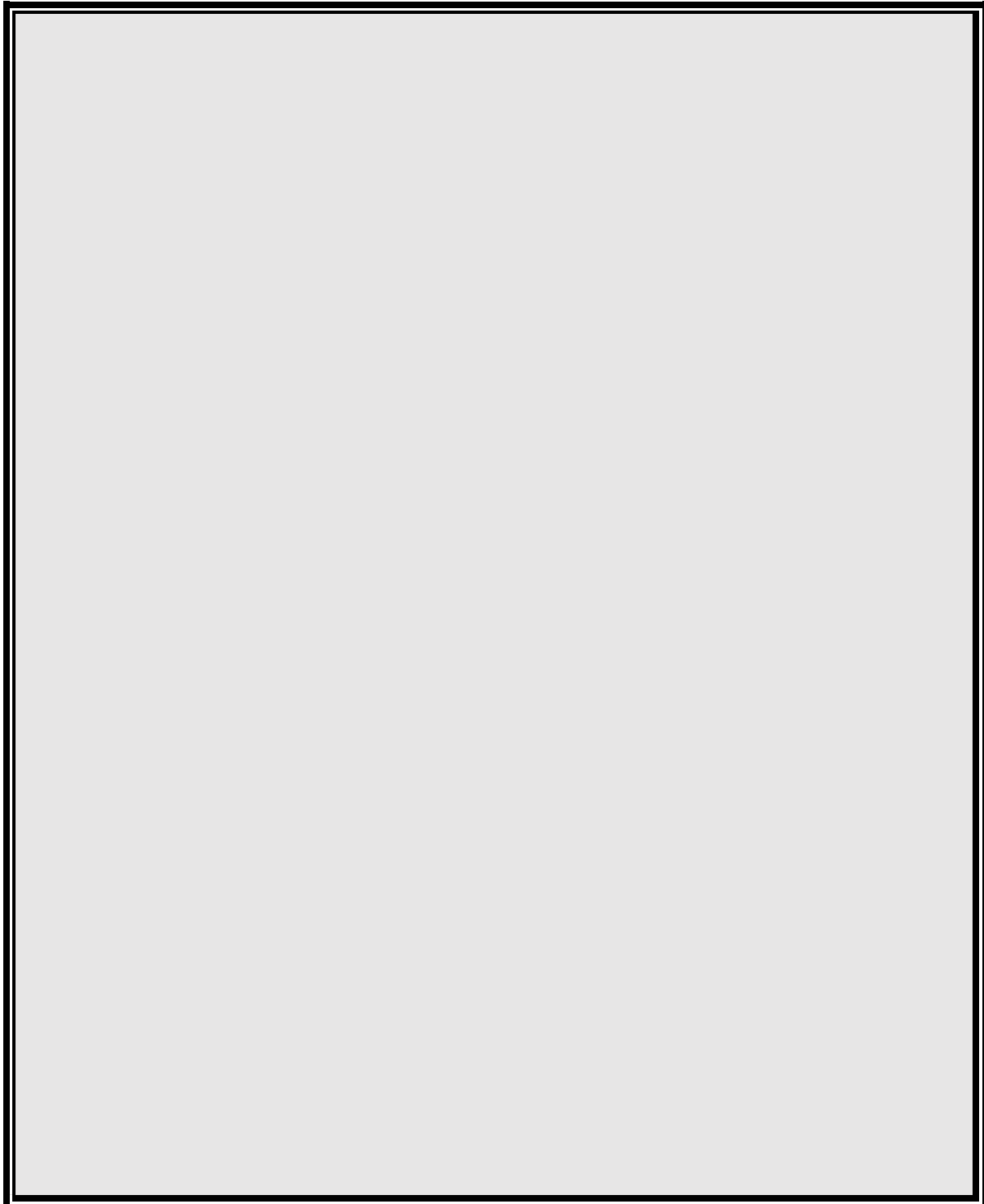
Part 10 – Exercise Five

Write Down:

<p>What are you passionate about?</p>
<p>What achievements are you most proud of?</p>
<p>Write a paragraph to describe yourself.</p>

Part 11 – Exercise Six

Write down all the statements you use to describe yourself and then look for the truth in them:



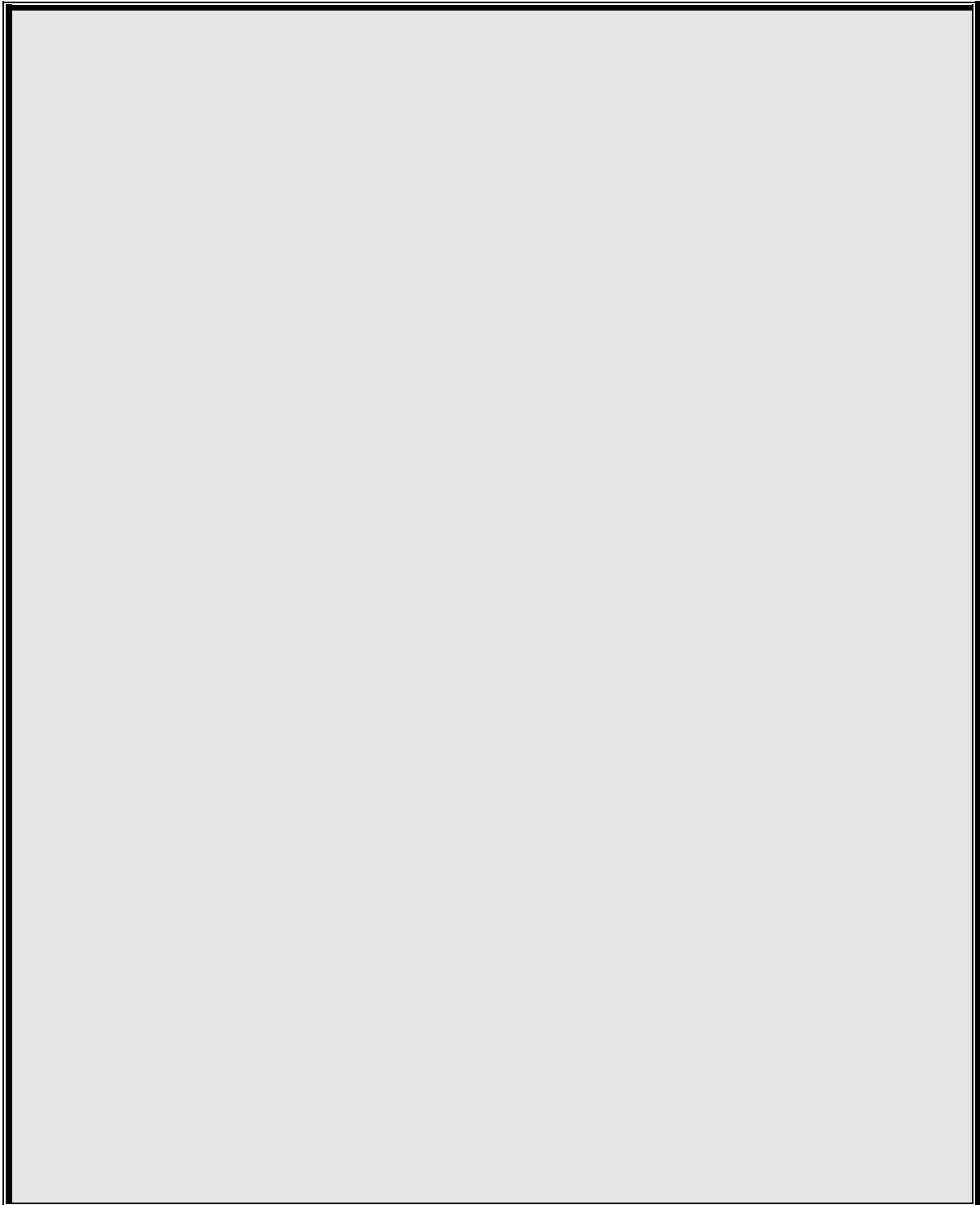
Part 12 – Exercise Seven

Write down 100 things in your life you are grateful for and keep it with you at all times:

Where do you want to go on holiday next?
What's your favourite type of food when you eat out?
How do you want to spend Saturday morning?

Part 13 – Exercise Eight

Imagine you have 24 hours to live but that day would be repeated over and over again for eternity. What would that day look like?



Part 15 – Exercise Nine

Write down a list of 100 things you would like to do/try within the next ten years.

Journal as you complete each wish.

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25

Part 15 – Exercise Nine Continued.

26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50

Part 15 – Exercise Nine Continued.

51
52
53
54
55
56
57
58
59
60
61
62
63
64
65
66
67
68
69
70
71
72
73
74
75

Part 15 – Exercise Nine Continued.

76
77
78
79
80
81
82
83
84
85
86
87
88
89
90
91
92
93
94
95
96
97
98
99
100