

Burnout Starts with Should

a mini workbook for tired souls



*Scripts + Clarity Practices for People
Pleasers Who Are Tired of Feeling Tired*

CREATED WITH CARE BY GLENDA HOON RUSSELL
| A LIFE COACH FOR PEOPLE PLEASERS



“You’re not lazy. You’re carrying invisible obligations.”

Hi love,

If you're here, you might be feeling heavy, stretched thin, or quietly overwhelmed — and you're not alone.

This kit is for the part of you that's always been responsible, helpful, dependable... even when it's hurting inside.

It's for the part of you that says “yes” while your body is screaming “no.”

It's for the part of you that forgets to check in with your own needs because you've been so tuned into everyone else's.

This isn't about fixing you.

It's about giving your inner parts space to speak, soften, and be heard — without guilt or shame.

May this be a gentle beginning.

With care,

Glenda

01

From Should to Want: A Simple Exercise to Hear What You Really Need

People-pleasing can drown out your inner voice. This practice helps you pause and tune in. In the left column, write a “should” — something you're pressuring yourself to do. Then, listen quietly: what does another part of you want?

Below are examples of common Shoulds and Wants.

SHOULD

I should call my family even though it drains me.

I should be more grateful — others have it worse.

I should push through and get more done today.

I should just let it go — it's not a big deal.

I should be able to handle this alone.

WANT

I want to protect my peace and call when I feel resourced

I want to honor that I'm still struggling and that matters.

I want to listen to my body and take a real break.

I want to be honest that it is a big deal to me.

I want to ask for help and know that doesn't make me weak.

01

From Should to Want: A Simple Exercise to Hear What You Really Need

Use this space to create more awareness.

SHOULD

WANT



Reflection Prompt:

What part of you is speaking in the “should”?

What part is speaking in the “want”?

Can both exist without being wrong?

This is how we begin to build trust within.

02

5 Guilt -Free Scripts for Saying No (Without Explaining Yourself)

These scripts are for the moments when you feel that old tension rise in your chest — when you want to say “no,” but feel like you’re letting someone down. These are invitations to honor your energy, not excuses to justify it.

☀️ “I really appreciate you thinking of me, but I can’t say yes right now.”

☀️ “That’s not something I’m available for, but I hope it goes well.”

☀️ “I’ve got a lot on my plate and need to protect my time.”

☀️ “Thank you for asking — I’m saying no with love.”

☀️ “I want to be honest. Saying yes would feel like a no to myself.”



Save these in your Notes app or on your fridge so you can access them when your nervous system goes into auto-yes mode.

You've just taken a powerful step.

By exploring your “shoulds” and tuning into what you actually want, you’ve begun to reconnect with parts of yourself that may have been quiet — or overwhelmed — for a long time.

Maybe you’ve noticed that even when your wants are clear... saying no still feels hard.

That’s not failure. That’s a part of you doing its best to protect you.

The guilt you feel? It’s not wrong. It’s a signal.

A part of you has learned that keeping others happy is how you stay safe, accepted, or loved. But what if you matter just as much?

You can learn to honor that guilt without letting it run your life.

This isn’t about becoming selfish — it’s about becoming whole. When all parts of you feel seen, your nervous system softens, your boundaries strengthen, and life starts to feel more like yours.



What if your people-pleasing was just a part of you doing its best to protect you? Let's explore this together.

[FREE 20MIN CONSULTATION](#)

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