

Use this worksheet alongside the book. Each day has one exercise. Write your answers here, or print it and keep it somewhere visible. You do not need to be perfect. You just need to do the day.

DAY 2

Find the Fear

The yes is not about the request. It is about what the no might trigger.

TODAY'S EXERCISE

Look at your notes from yesterday. For the situation where the people pleasing ran strongest, ask: what specifically did I believe would happen if I had said no? Name the fear in one sentence — not a general statement about wanting to be kind, the specific thing you were afraid of. Then ask: has that specific thing actually happened when I have said no before? Write down the honest answer.

YOUR NOTES

KEY TAKEAWAY

The fear driving the habit is usually older than the situations it is being applied to. Naming it is the first step toward examining whether it still applies.

DAY 3

Learn to Pause Before You Answer

Create the gap in which the choice actually happens.

TODAY'S EXERCISE

Every time you feel the body signal today — the tightening, the brace before the yes — use the pause phrase before responding. Options: “Let me think about that and come back to you.” / “I need to check before I commit.” / “I’ll get back to you later today.” Write down how many times you used it and what it felt like. Did the other person react badly? Was there any real consequence?

YOUR NOTES

KEY TAKEAWAY

The pause is not a stalling tactic. It is the space in which the choice actually happens. A chosen yes is not people pleasing. A reflex yes is.

DAY 4

Say No to One Small Thing

Not to everything. To one thing, chosen for its smallness.

TODAY'S EXERCISE

Before the day ends, say no once. Choose something small: a minor request, a social obligation, a favour that costs you disproportionately. Keep the no clean: short, without extensive apology or justification. Write down what you said no to, how you said it, how you felt in the moment, and what actually happened afterward. Compare the actual outcome to the feared outcome.

YOUR NOTES

KEY TAKEAWAY

The first no is the hardest — not because it is wrong, but because the fear has never been tested against the reality. Today you test it. The reality is almost always smaller than the fear.

DAY 5

Name What You Actually Need

You cannot protect what you cannot name.

TODAY'S EXERCISE

Write answers to these three questions honestly. First: where in your week do you routinely give more than you have? Second: what would you do with an extra two hours this week if they were completely your own? Third: what need of your own are you most consistently putting last? Then write one sentence beginning: the thing I most need more of right now is...

YOUR NOTES

KEY TAKEAWAY

People pleasers are often the last people to be asked what they need. Today you ask yourself. The answer matters more than the question suggests.

DAY 6

Repair the Relationship With Discomfort

The discomfort is survivable. Today you find that out directly.

TODAY'S EXERCISE

Choose something you have been putting off because it requires potential friction: a conversation avoided, a limit you have been meaning to set, an honest opinion held back. Do it today. Then do nothing to fix the discomfort afterward — no immediate follow-up, no compensating gesture. Write down what you did, how it felt during, and how it felt three hours later. Did the discomfort reduce on its own?

YOUR NOTES

KEY TAKEAWAY

Discomfort avoidance is the mechanism. Discomfort tolerance is the cure. You are not trying to enjoy conflict. You are trying to make the discomfort manageable rather than controlling.

DAY 7

Build the New Default

Not goals. Rules.

TODAY'S EXERCISE

Write four things: your three rules (the pause — when and what phrase; your limit — one specific behavioural line you are committing to hold; your need — one concrete way you will protect what you named on Day 5). Your two-week warning to yourself for when the old pattern comes back hard. Your recovery move as one specific sentence. Your floor: the two non-negotiables for hard weeks.

YOUR NOTES

KEY TAKEAWAY

The new default takes time. The old one had years of practice. You have the pause, you have seen the fear, you have tested the no once and survived it. That is more than you had seven days ago.

Your written rules

MY RULES (THE PAUSE · MY LIMIT · MY NEED)

Your two-week warning

Write this now, before you need it. Read it when the old pattern comes back hard during a stressful period, when saying no feels impossible again.

TO MYSELF, FOR THE HARD WEEKS

Recovery move and floor

After a day when the automatic yes ran before you could stop it: one specific thing you will do before the day ends. Plus the two things you will hold even on your worst weeks.

AFTER A SLIP + TWO NON-NEGOTIABLES FOR HARD WEEKS
