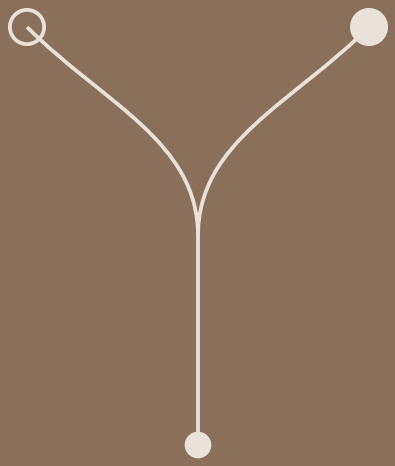

YOUR GROWTH EDGE

Choice

Taking back the pen. A companion workbook to your Life Transition Scorecard.

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COACHING AND CONSULTING

BEFORE YOU BEGIN

Your growth edge: Choice



Where are my people pleasers at? If saying yes when you mean no feels automatic, this workbook is for you.

Many of us were raised to be easy, helpful and agreeable. We learned that keeping everyone happy kept us safe, loved or out of trouble. So we got very good at it.

What if I told you that pattern isn't a flaw? It's a strategy that once made sense. And the skill behind it, reading people and knowing what they need, is a strength. Now you get to turn that attention toward yourself and decide what you want to keep.

With you in it,
Dana

WHAT YOUR SCORE MEANS

Choice was your lowest area. That's not a grade. It shows where a little attention will open the most room right now.

HOW TO USE THIS WORKBOOK

Three exercises, about 20 minutes each. Do one a day, or all three in one sitting. Write by hand or type right into the boxes, and come back to it in a month.

EXERCISE 1

Your yes audit

No judgment here, just noticing. List a few recent times you said yes. Then get honest about what you wanted to say, and what the yes was protecting: approval, peace, avoiding guilt, being seen as good.

WHAT I SAID YES TO	WHAT I WANTED TO SAY	WHAT THE YES WAS PROTECTING

What pattern do I see?

EXERCISE 2

What it gives, what it costs

Every pattern meets a need. Pick one pattern from Exercise 1 and look at both sides. Then comes the brave question: what's my part in keeping it going?

What it gives me

The need it meets

What it costs me

Time, energy, relationships, self-trust

My part in keeping this pattern going:

Now that I see it, what do I want to do with it?

EXERCISE 3

Practice one boundary

Choose one situation this week where you'd like to answer differently. Write your words ahead of time, so you're not making them up on the spot.

Starter scripts: "I'm not able to do that, but I can ___." · "Let me think about it and get back to you." · "That doesn't work for me this time."

The situation:

What I'll say:

How I'll take care of myself afterward:

Feeling a little guilty afterward is normal. It doesn't mean you did something wrong. It means you did something new.

BEFORE YOU CLOSE THIS

The pen is back in your hand

You don't have to stop caring about other people. You get to include yourself in the people you care about.

Pause. Choose. Say it.

If you'd like support practicing this, book a free 30-minute consultation. And tell me: where would your life look different if you trusted your own yes and no?

- Bring this workbook and your scorecard results
- We'll look at what came up and what you want next
- You'll leave with one or two next steps built for your life, and no pressure either way

BOOK YOUR FREE CONSULTATION

danapeterscoaching.com/book

> *"She has been instrumental in the growth I have had with my self-confidence and communication skills... She also has given me practical tools to handle tough situations."*
>
> D.L., MIDLIFE WORKING MOM OF TWO

COACHING

Individuals and couples, in person in Lafayette, CA and online

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