

# 4 steps to STOP PEOPLE-PLEASING

1

## Practice saying no to small things.

- Get used to saying 'no' - to that cup of tea or coffee, walking your friend's dog, or that party you don't want to attend.
- Learn to stall - "I'll get back to you" is a great way to put space between a panicked 'yes' and a more confident 'no'.

2

## Understand that you can't help everyone.

- Because there's not enough hours in the day!
- Decide who deserves your time, and make sure YOU are on the list.

3

## Practice your boundaries.

- Does boundary setting make you nervous? Don't worry - You've come to the right place - Boundary setting is my specialty!
- Join my free Facebook group - "Brave New Girl - with Naomi Battah" - where we talk about setting (and upholding) our boundaries all the time!
- If you want to talk further, feel free to shoot me an email - [naomi.battah@outlook.com](mailto:naomi.battah@outlook.com)

4

## Improve your sense of self-worth

- Does improving your sense of self-confidence seem overwhelming?
- The more self-worth you can build in yourself, the less you need approval from others.

I am running a 6-week course to help you  
**DITCH PEOPLE-PLEASING!**  
Join my mailing list [here](#) to be the first to get details &  
register!



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