

# BREAK FREE FROM PEOPLE PLEASING

*Reclaim Your Power*



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GUIDE



# Welcome

## Beautiful Soul

I'm Michelle Bateman. As a Confidence & Clarity Coach I empower women just like you to break free of the fears and doubts that hold them back so they feel confident to walk in the room and own their worth in life and business.

It's time to finally put yourself first, learn to say NO and stop people pleasing for good so you can build trust with yourself and others.

**BREAK FREE FROM PEOPLE PLEASING & RECLAIM YOUR POWER** was created as your go to guide.

It's designed to shake you up, shift your perspective and finally stand in your **TRUTH!**

Let's get started...





# RECLAIM YOUR POWER

## *in Life & Business*

Are you tired of constantly bending over backward for others, only to feel drained, disconnected, and unappreciated?

If you've been stuck in the cycle of people-pleasing, know this: **You have the power to reclaim your energy, create deeper connections, and experience more freedom in your life and business.** And it doesn't have to be as painful as you imagine.

Society has fed us so many ideals that do the opposite of what they claim. You're a good mom/woman/daughter/spouse/friend if you put everyone and everything first, and put yourself last. Be selfless. But that just leaves you disconnected from yourself and your own needs.

It's time to say good-bye to that BS mindset and get brutally honest with ourselves!

This is the wake up call that I very much needed because I was stuck in a cycle that kept me blaming instead of looking at my part and taking ownership.



There's a time to be gentle and there's a time to call it like it is, get right with reality and get that loving kick in the butt you need.



# TOP 5 SIGNS YOU'RE *Trapped People Pleasing*

✦ **OVERCOMMITMENT & BURNOUT:** You're constantly saying "yes" to others, leaving yourself exhausted and running on empty.

✦ **AVOIDING CONFLICT:** You go along to get along, staying silent when something bothers you—sacrificing your truth to keep the peace.

✦ **SEEKING VALIDATION:** You rely on others' approval and validation to feel worthy, always needing that external pat on the back to know you're on the right path.

✦ **DIFFICULTY SAYING NO:** Even when you know something doesn't serve you, "no" feels impossible to say, and you end up taking on too much, feeling regret and resentment.

✦ **NEGLECTING YOUR OWN NEEDS:** You put everyone else's needs ahead of your own, hoping that by giving all of yourself, you'll finally receive the love or recognition you crave.



# The Shake Up

If this feel like a bit of a gut punch, it's supposed to. It's the wake-up call that's needed to see things differently and make the changes these situations came to teach you.

And you're not alone, I work with so many women that struggle with this too. It's common behaviors and beliefs that have been handed down for generations. I promise these small shifts will yield huge results, so here we go!

## YOU'RE NOT BEING HONEST & AUTHENTIC

We often think people-pleasing is being kind and accommodating to the other, but it actually hurts the people you love and breaks their trust in you. While it may seem like you're being kind & accommodating, you're often seeking to GET—approval, acceptance, and validation, which is all about you and not them at all.

People-pleasing is rooted in the fear of rejection and **Fear is Selfish.** You seek approval and take actions not to serve but to gain something - whether it's love, praise, worthiness, or value. But actions driven by fear are not about service—they're about gaining and taking, rather than giving in a pure and honest way.



# DISHONESTY BREAKS TRUST

When your actions aren't pure and honest, it creates a lack of trust in yourself, making it hard for others to trust you too.

How can you trust yourself if your no becomes a yes. You don't have your own back, and you're not honoring your needs, wants and boundaries. This makes it easy for others to take advantage of you.

You're not being authentic, and others can sense that something is off. They start to question whether your actions are genuine or just to gain acceptance. This creates a shaky foundation that leads to disconnect with the very people you care about or that you are doing business with.

## SHIFT

*Commit to radical honesty first with yourself. Check in with your motivation, is it pure or are you trying to gain something and can you do that for yourself. Then you can commit to radical honesty with the other and give them the choice to respond knowing all the information instead of you playing the know-it-all of what's best for them to know. Then they are at CHOICE for themselves. This doesn't always mean it will go smoothly, but there is only one issue to address, not the deception as well.*



# YOU'RE BODY KNOWS YOUR YES & NO

Our bodies have a powerful knowing that we have become so disconnected from. When we learn to reconnect with our body, tune in and listen, we can quickly discern what our **YES & NO FEELS** like. If I asked you to do the thing you are most afraid of, I'm pretty sure you would have a visceral HELL NO response felt in your body like a knot in your stomach, a lump in your throat or a tense contraction in your body. Now if I asked you to do your favorite thing it would likely feel very different, likely light and easy.

We need to begin to answer with our bodies first, then our mouth. Easier said than done, it just takes some practice. Speaking up overrides the belief that conflict should be avoided. It's the only way for resolution to be possible, and you'll avoid resentment and burnout. It's a great practice for all personal and professional decisions.

## SHIFT

*Begin to ask yourself questions you know are a YES OR NO and pay attention to how your body responds.*

*When you are faced with a decision ESPECIALLY the ones you are prone to dismissing your own needs, take a moment before you decide. You can commit to spinning your ring 3x or saying I need to think about that and get back to you later. I'd rather give an authentic No than a resentful Yes.*

# STAND IN YOUR

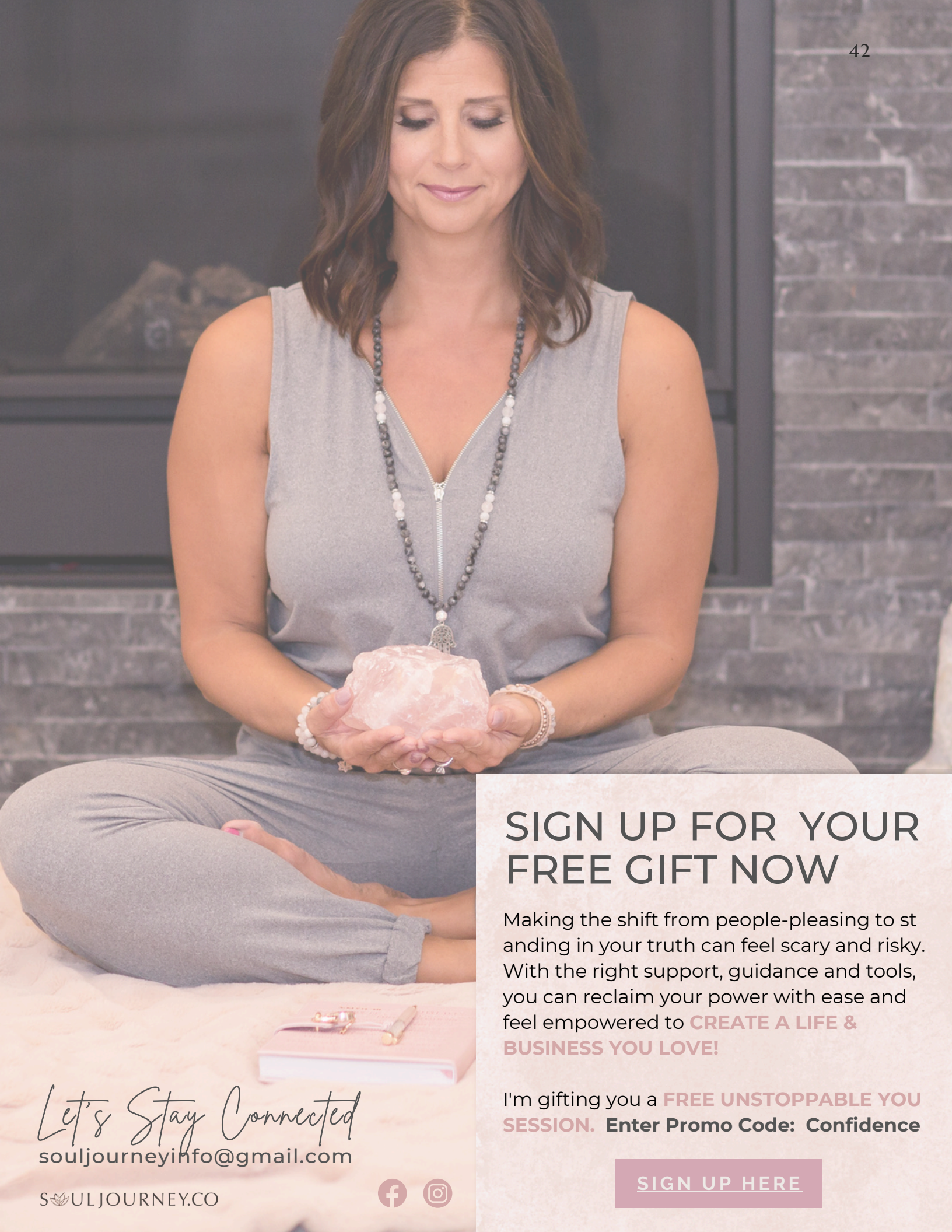
Truth

When you stand firm in your truth, you honor yourself and create stronger, more authentic connections with the people who matter most. Your NO is sacred. It reflects your self-respect and allows you to open the door to a life of ease, alignment, and abundance.

That phrase *“How you do one thing, is how you do everything”* is so true. People-pleasing doesn’t just affect personal relationships—it can have serious consequences in your professional life as well. From avoiding tough conversations with employees or clients, to undervaluing your services or thinking you need to be the superhero and do it all. This just leads to resentment, being taken advantage of and burnout, so **ENOUGH IS ENOUGH!**

When you stop pouring from an empty cup, you create space for more abundance, connection, and fulfillment. This journey of transformation doesn’t have to feel like a struggle. In fact, it can be a path of ease, joy, and deep spiritual alignment.





## SIGN UP FOR YOUR FREE GIFT NOW

Making the shift from people-pleasing to standing in your truth can feel scary and risky. With the right support, guidance and tools, you can reclaim your power with ease and feel empowered to **CREATE A LIFE & BUSINESS YOU LOVE!**

I'm gifting you a **FREE UNSTOPPABLE YOU SESSION**. Enter Promo Code: **Confidence**

[SIGN UP HERE](#)

*Let's Stay Connected*  
souljourneyinfo@gmail.com

SOULJOURNEY.CO

