

The **People-Pleaser's Guide** to Saying "No" Without the Guilt



TIPS, TOOLS & PRAYERS

**FOR RECOVERING
PEOPLE-PLEASERS**



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The People-Pleaser's Guide to Saying "No" Without the Guilt

Hello Friend,

If you are opening this guide, my guess is that saying "no" is really hard for you.

You worry about what others will think.
You don't want to disappoint anyone.
And saying "no" just feels so selfish!

You know there's not enough of you to go around, but you don't know how to change the way things are.

And so...
You just keep on keeping on.

I know. I've been there—overwhelmed and exhausted, feeling as if there was no other way.
But one day, I realized...

Something has got to change.

Out of that decision came the tips and tools that I'm sharing with you in this little guide for people-pleasers. **The People Pleaser's Guide to Saying "No" Without the Guilt** is designed to help you keep what is yours and let go of what is not. Inside you'll find three helpful tools and a mini-prayer guide to help you exchange people-pleasing for a life that is no longer overwhelms you.

The first tool, **8 Tips for the Exhausted Woman**, will give you strategies to help manage your time. You can't always control what comes your way, but you can control the decisions you make around it.

The second tool, **How to Say No Without the Guilt**, contains practical examples—starting places for when you need a graceful and guilt-free way to respond to someone's request. Behind every "no" there is a "yes" to something that really matters!

The third tool, **Declarations for a Balanced Life**, will give you statements to remember and repeat as you work on setting boundaries for a healthy balance in your life.

Most importantly, I've included a **People-Pleaser's Prayer Guide** to help you **pray scriptures** that will lead to lasting change.

Blessings,
Leslie Newman

P.S. Thank you for visiting my website and downloading this guide. I no longer create new content here at Journey to Imperfect. If you find this guide helpful, I think you'll love my most recent tips, tools and articles over at leslienewmancoaching.com. I'd love to connect with you there!

8 Tips for the Exhausted Woman

➡ ***It's OK to say "No"***

If you are struggling with an overcommitted lifestyle, saying "no" will keep you from adding even more things to an already full plate. It's healthy and necessary to say "no" in life.

➡ ***Guard Your Time***

Time is precious. You can't get it back once you give it away. Giving away too much of your time keeps you from having the ability to do the things God created you to do.

➡ ***Set Boundaries***

Setting boundaries is healthy and can be immensely helpful in balancing out an overcommitted life. Boundaries help you keep what is yours and let go of what is not. Learn about boundaries and begin implementing them in your life to free up your time and energy. You can learn more about boundaries for the tender hearted woman at my other website, leslienewmancoaching.com. I'd love to connect with you there!

➡ ***If You Add, Remember to Subtract***

If you decide to take on a new commitment, consider taking something off your plate before you accept it. This will help keep things balanced!

➡ ***Know your Values***

Your values help establish who you are and who you are not. They are defining boundaries that lead you to wise decisions and a life that is alignment with who you are.

➡ ***Know Your Purpose***

God created you for distinct purposes. Knowing your purpose in life will point you in the right direction when you consider your commitments. One of the most valuable pieces of paper that you will ever own is the one that states your values and purpose. Having this in front of you takes away the guilt of saying, "No."

➡ ***Do Less for More Impact***

When overcommitment spreads you too thin, you can't reach your full potential in any area. In doing less, you have more mental energy and your work and life will have far more impact.

➡ ***Pray***

Ask God to help you sort out your commitments, release your need of the approval of others, and keep what is yours while letting go of what is not. This leads to a life that is fulfilling to you, impacting to others, and lived for God's glory.

How to Say “No” Without the Guilt

Here are some real-life examples of guilt-free ways to say “no” gracefully. Behind every “no” is a “yes” to something that really matters in your life—and in the lives of those you love the most!

➡ “I am keeping my life balanced so I don’t overload myself or my family. I’m unable to take new commitments at this time.” *(You are considering your needs and the needs of others around you.)*

➡ “I’ve got too much on my plate right now, and I don’t have the time it would take to do a good job on that project.” *(You are being responsible and don’t want to take on a job if you don’t have enough time to put into it.)*

➡ “I can only work on one project at a time. Check back with me at a later date and I’ll let you know if I’m available.” *(You are protecting your mental bandwidth.)*

➡ “I’m not the right person for that job. Someone else is more suited to that position.” *(Taking on something that you aren’t suited for means you are taking that position away from someone else who was meant to do it! Leave the space open so the right person can find it.)*

➡ “I’m unable to work in that area because that’s not where God is calling me to work in this season of life.” *(You know your purpose and you are making sure you have the time and energy to put into it.)*

➡ “As much as I would love to do that, taking on that position would take time away from the things that God has called me to be involved in right now.” *(You are protecting your time and energy so you can do what God has called you to do.)*

➡ “I can’t give you an answer right now. Let me pray about it, and I will get back to you.” *(You are taking time to listen to God before you answer.)*

Declarations for Recovering People-Pleasers

Keeping the declarations below at the forefront of your mind will help you release the need to please. Living by these declarations helps you naturally create better boundaries so you can have what you need to continue to show up energized instead of exhausted.

➡ **I say no when necessary** which helps me lead a well balanced life that does not lead me or my loved ones to frustration, overload, or resentment.

➡ **I guard my time.** I do not give away too much of my time to things outside of my God-given purposes.

➡ **I set healthy boundaries** around my activities so I can use my time wisely.

➡ **I seek to live a balanced life.** If I add a new commitment to my schedule, I will try to let something else go.

➡ **I do less for more impact.** I choose to focus my time in places where I can have the maximum impact.

➡ **I know my purpose** in life, and my commitments allow me the space and time needed to fulfill it.

➡ **I talk with the people closest to me** for other perspectives before taking on new commitments.

➡ **I pray, asking God for His direction,** strength, and wisdom as I make decisions about my commitments.

People-Pleasers Prayer Guide

Pray the following verses and prayers, and allow God's truth to reshape your identity and empower you to make decisions that flow from Him—not from the approval of others. As you pray, remember that your identity is rooted in Christ. You are loved, valued, and strengthened by God.

➡ **Acknowledging God's Approval:** Reflect on Galatians 1:10 (ESV)

"For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ."

Prayer

Heavenly Father, help me to seek Your approval above all else. Remind me that my worth is found in You, not in the opinions of others.

➡ **Evaluating Your Intentions:** Reflect on 1 Thessalonians 2:4 (NIV)

"We are not trying to please people but God, who tests our hearts."

Prayer

Lord, search my heart and reveal any areas where I am seeking the approval of others. Grant me the courage to prioritize pleasing You and to trust in Your perfect plan for my life.

➡ **Guarding Your Heart:** Reflect on Proverbs 4:23 (NIV)

"Above all else, guard your heart, for everything you do flows from it."

Prayer

Father, help me to guard my heart against the pressures of people-pleasing. Fill me with Your love and truth so that my actions reflect Your will and not the expectations of others.

➡ **Clarity in Communication:** Reflect on Matthew 5:37 (NIV)

"All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."

Prayer

Lord, grant me clarity in my communication. Help me to say 'Yes' when I mean it and 'No' when I need to. Protect me from the temptation to over-explain or justify my decisions.

➡ **Freedom in Christ:** Reflect on John 8:36 (NIV)

"So if the Son sets you free, you will be free indeed."

Prayer

Thank You, Jesus, for the freedom You offer. Help me to walk in that freedom daily, releasing the need for others' approval and embracing my identity in You.