



Release The 3 P's: People Pleasing

I. The Need To Please

A. Where did the people pleasing pattern come from?

B. What People Pleasing looks like and Why Important to Release It

C. People Pleasing Beliefs



B. Self-Acceptance, Love and Worth

1. Heal/Accept Your Past People Pleasing
2. Your Wants, Needs, Desires
3. Your People Pleasing Pattern
4. Daily PP Check In

C. **Actions/Tools**

1.

2.

3.



D. Support

E. Passion/Self-Care Work

1.

2.

3.

4.