

Stop People Pleasing

by Hailey Magee

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Audit your automatic yeses this week**

For 7 days, flag every time you say yes automatically - before checking your own wishes. Don't change your behavior yet. Just notice. The automatic yes is the first thing to interrupt, and you can't interrupt what you haven't seen.

MON TUE WED THU FRI SAT SUN

- ⁰² **Use the 24-hour response window**

For any non-urgent request, respond with: 'Let me think about it and get back to you.' Then do. This one sentence interrupts the fawn reflex at its trigger point. You cannot people-please if you aren't answering yet.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Write down one need you've been postponing**

Identify one need you've told yourself doesn't matter, can wait, or would be selfish to name. Write it in a single sentence starting with 'I need...'. Don't share it yet. Just let it be true on paper.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Say a clean no to one low-stakes request**

Start small: a group chat, a minor favor, an optional meeting. Say no clearly, without over-explaining. Notice the guilt. Notice it is survivable. That survival is the exact data you need for the bigger no's ahead.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **List three values that matter more than approval**

Write down three things you value that get buried by your need to be liked: honesty, rest, creative time, physical health, authentic connection. When the fawn response fires, these are the compass points to navigate back to.