

Introduction

Welcome to the Course!

Let me ask you something - do you find yourself always putting others first? Struggling with your self-esteem or relationship? Unable to maintain that work/life balance? And then feeling either guilty, burned out, or resentful if you actually do say no to something? Not knowing what YOU even want or like?

Friend, I can tell you the reasons for the difficulties you've experienced. It is because you aren't being authentically, you. You think you "should" do these things you're doing. That if you had more confidence in yourself, higher self-esteem, that if you could only work **harder, faster, stronger**, you'd succeed. That if you scheduled your time better or just never let anyone down, or dropped any balls, it would all be okay.

Let me tell you something - and listen carefully - confidence is not magical, and neither is self-esteem. It isn't something you just "decide" to have. You aren't broken. You don't need to try harder. You just need to be you. You need to know what you want and need and how to ask for those things. Which, at this point, let's not kid ourselves, you have no flipping idea what those things are. Because, duh, if you did, you wouldn't be here.

Think of this lifestyle-friendly self-led course as a love letter to yourself. You will start with the introduction, getting to know each other (the current you, and the authentic you). It may be awkward AF, but most first dates are. Then throughout the body of the letter, you will become familiar with the imperfectly perfectness (yes, I made that a word), that is YOU. And at the end, you will be able to action the things you've learned - signing this love letter off, Authentically, You.

This course has been personally-tailored by me, a recovering people-pleaser and perfectionist. I have done my own therapy work, as well as being a Therapist for over a decade and a half. I have been and still am in the trenches with you. I am fallible, vulnerable, and painfully authentic. I know first hand the experience of being married, divorced, re-married. Full-time business owner, mother and wife, all while having ADHD. I've spent 7 years in school and literally tens of thousands of hours sitting across from another human being sitting in the shit with them, sharing in their successes, and watching them shed the skin of the things that no longer served them. I am not kidding you when I say, I get you.

This course is born from my desire to give you the tools and words that were most helpful to me in my growth. It was slow, painful and tragic, like most growth stories are. Yours doesn't have to be.

Welcome to a personally-tailored, lifestyle-friendly self-led course where you can figure your sh*t out and become authentically you.

Finally, I would love to hear from you. If you have any questions about the content or want to provide feedback, pretty please, reach out to me.

XO

Amanda

Introduction

Your Development

You will learn

- Where people-pleasing came from - and why the hell you keep doing it.
- How to develop a curiosity to challenge those entrenched thoughts that keep you stuck.
- Why you feel like you carry allllllll the weight of every relationship around you - romantic or otherwise and how to change it.
- To stop feeling guilty for sh*t you didn't do.
- To break free from the expectations of others and yourself.
- To establish boundaries with stuff that's not important to you and are not aligned with your values.
- To determine what's draining you.
- To learn to focus on yourself, your needs, and understand that self-care is NOT selfish!

NOTHING CHANGES IF NOTHING CHANGES.

Let's not be mistaken, while this is a self-led course, developed by a Therapist; this is not therapy. But it might be therapeutic for you. You are receiving the material I have developed and provided to real-life clients, in sessions and in my workshops. This is where I put the disclaimer to make it clear that if the material activates any previous trauma, brings up any old wounds, or unknown suppressed ones, I encourage you to seek therapy to process it. This material is more "quick and dirty" to get to the core and resolve your people-pleasing nature. As a Therapist, I know there are many reasons why one becomes a people-pleaser - some of those reasons are best served with time in therapy and no amount of "self-help" will get to its resolution.

You will receive six modules based on my real-life workshop. You will have access to the material in both beautiful printable pdfs and fillable online material. There will be journal prompts or worksheets to supplement each module's material. I know life can get in the way; you will have access to this course for its lifetime, across any and all device(s) you choose to use with it. It will not self-destruct at any point and there is no magic number of devices allowed. If the course is going to be removed from the internet or altered in any way - you will be notified through the email you signed up with to provide as much notice as possible.

I try to be as transparent as possible as I want you to be happy with the course. I have listed the information and material you should expect, how you read this information is me literally typing word for word, so you will see more of this style. I don't want you to have any surprises (well, unless they are the fun kind!) You are welcome to check out my website and social media presence to get a good idea of my style. What you see is what you get. As there are no refunds, please ensure you are crystal clear on what's involved with the course and to ask any questions you may have.

Introduction

Some Advice from Amanda!

In order to get the most out of this course I suggest you do a couple of things.

01 Know what you're signing yourself up for

If you need therapy, get therapy. If you feel "okay" (in the therapy world we call this the "worried well") and are looking for a deeper level of personal development, this may be for you. As I said, become familiar with me and my style - there is only more of it to come. I've intentionally developed this course so that you can print the modules to put them in a book if you prefer, or keep them online. The material is pretty and optimized for both viewing and printing. I hate when I try and print something and the entire background is coloured and I can't see the writing, or when things are not printable at all. I am not tech savvy - I've laid this out as I would want to do it.

02 Be real with yourself

I can't tell you how many times I've signed up for shit, or bought books with the "best of intentions" to do them. And of course, I put myself on the back burner as work, or my kids, or partner needed something instead. A self-led course is both a blessing and a curse - so be real that it is something you can take on. I suggest setting a time each day or week, like an appointment, or more fun, a date, and sticking to it. Sit down, go through the modules, learn stuff, write stuff and move on. This is supposed to be like the best relationship you've had, it will be challenging, but not difficult.

03 Do the damn work

I wish osmosis worked on me. I can't tell you how brilliant or "healthy" I would be with all the courses, books, exercise equipment I've purchased but did nothing with. Now, for the bad news - it only works if you use it. If you are in a place to be able to go through each activity and put the effort and thought into it, you will reap the rewards. Remember, progress is far from linear - there will be ups and downs. You might end up going backwards before you go forwards, but we learn as much through our failures as we do our successes if not more. You will need to reflect and practice on what you learn and note; it may not all be for you, take what works, and leave the rest. As I've said, it will be challenging but not difficult. There will be challenging questions or exercises - intentionally - to shake shit up. Again, if nothing changes, nothing changes. You are paying cold hard cash (or rather, electronic funds - does that make it warm? I digress...) for this - make it work for you. I have given you worksheets, journal prompts, readings in a specific order to build on the foundation. The key for you to know is that things may get more challenging before they get better. When we implement changes, especially boundaries with others, they tend not to go over well. When we stop people-pleasing, those who used to be pleased by us are, well, less pleased. Know that this is okay and means it is working. You are being successful and growing. It is important that you continue to sustain this behaviour and keep coming back to the material. Post it where you need to see it daily. You're also welcome to reach out for a "booster session". If you've done this hard work and want to take it to another level, again, feel free to reach out. We can schedule a booster session or see about you becoming a client. Remember: it only works if you work it.

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What You Need to Know

In all lessons, you will have downloadable worksheets containing important information as well as activities for you to complete to improve your self-awareness.

There are two recommended options to use the worksheets.

01

Paper Print Outs

If you are an “old-school” kind of person and like having things on paper, writing notes and highlighting, I recommend that you download them through the link below, then print them all and clip the pages together. This way, you can use them as your “textbook” while you go through the modules. You will have a table of contents and numbered pages, so it’ll be easy for you to find the specific worksheet you are looking for.

02

Fillable PDF

If you are more of an e-book kind of person and you don’t feel the need to print them, don’t worry! The pages are fillable PDFs when needed, that will allow you to fill the fields electronically. So if you don’t want to print, we recommend that you simply download each worksheet and work on them as you go through the course.

*TIP: Create a specific folder on your computer so you can download them all in the same place. Once the course is done, it will be easier for you to find them and will avoid any getting lost along the way. I also recommend you have a small notebook in case you need to take notes while going through each lesson.

HOW TO GO THROUGH THE COURSE:

I know it’s hard these days to find a place where you can quietly focus on only one thing at a time, but I highly recommend you do that. We will work on delicate subjects that will require you to concentrate and avoid daily distractions. So, try to schedule a time during your week where you will be well-rested, sit somewhere comfortable, and have someone to watch your kids, or do it while they are asleep. Don’t answer work calls or you may simply turn your phone off for one hour, as if you were in real one-on-one therapy.

You don’t need to rush into the process! If it’s hard to find a day like that for you, wait until you can. There’s no deadline to complete the course. It’s best if you’re doing it slowly and giving it all of your attention so you can take as much as you can from the rich content you have in your hands.

There are six modules within the course. I also recommend that you do one entire module each time. The lessons inside the module build on one another so it’s best if you take your time to finish the module entirely. Then take a break before jumping into the next one. This break will allow you to be aware of the things we worked on the previous week and process everything before beginning the next module.

Lastly, I recommend you use a computer or laptop to go through the course. Mobile devices can be tricky due to the screen size and it certainly opens more room for distractions with app notifications and calls.

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