



SAY YES TO YOU!

**An Exhausted Woman's Guide
to Asking for Help & Getting It!**

**Written by Joan Stenzler, LCSW
Communication Specialist
Women's Empowerment Coach**

You've Come to the Right Place!

Hello and welcome!

Thanks for requesting a copy of my Guide for women who do too much: **SAY YES TO YOU: an Exhausted Woman's to Asking for Help and Getting It!**

I created it for the smart, successful woman who's tired of taking on 'all the things' that need to be done and making life easier for everyone else. But much harder on her!

This guide explores the benefits of asking for help, identifies common obstacles that prevent women from doing so and discusses effective strategies for calling on others to step up and lend a hand.

I hope it proves to be a valuable source of guidance and support that helps inspire you to stand up, speak out; and **SAY YES TO YOU!**

Putting yourself first can transform your life!
Join the waitlist for my women's empowerment retreat:

Say Yes to YOU, Sat, Mar 29, 11-2 pm ET
<https://youramazingjourney.lpages.co/retreat-waitlist/>



With warm regards,
Joan Stenzler, LCSW
info@youramazingjourney.com

www.youramazingjourney.com

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Does this Sound Familiar?

Are you tired of feeling like you're always running on empty, giving your best to everyone else while leaving yourself last on the list? You're not alone. So many women are overcommitted and overwhelmed yet still striving to meet the endless demands placed upon them.

WHAT IF THERE WERE A BETTER WAY? THERE IS!

This guide is your invitation to reclaim your time, energy, and peace of mind. It's designed for women like you—intelligent, capable, and caring- who've lost sight of their own needs, while still trying to do it all.



Through compassionate insights & actionable strategies, you'll learn:

- *6 common obstacles that prevent women from asking for what they need*
- *5 insights on the benefits of asking for help and sticking to your request*
- *Mindset strategies that can help you to find the courage to speak up!*

Life isn't about perfection or adding more to your plate—it's about finding balance and time for what lights you up! By letting others know what you need & holding them to it, a more deeply satisfying life is within your reach!

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Better communication improves relationships

Great communication improves the quality of your relationships and allows you to feel seen, supported and understood.

But it can be hard to ask for what you need, when you're unsure how it will be received.

6 Common Reasons a Woman has Difficulty Asking for Help:

- ___ Others count on her and she doesn't want to disappoint them.
- ___ She's used to doing too much, being tired and exhausted anyway.
- ___ She worries that if she asks, others will complain or be resistant
- ___ She has family members who will say yes when they mean no, then become unpleasant to deal with, to avoid keeping their word.
- ___ She's had a tendency to give in after asking for help and takes her request back, rather than dealing with the bitching and moaning.
- ___ It is hard for her to let others know how she feels or to ask for what she needs (needs help with.) because she's unsure if others will help.

Which of the reasons do you relate to? Why is it hard to ask for help?

Things get better when you do what works!

5 Powerful Insights on the Benefits of Asking for Help

#1: Insight- When you ask for help, you take back your time and reclaim your energy.

#2: Insight- If you always do things for others that they are capable of doing, they will expect you to keep doing it and resist doing it themselves.

#3: Insight- If you avoid setting boundaries and saying NO, because you fear others will judge or disapprove, you are focusing on making them happy, at your own expense. Which increases your stress and depletes your energy.

#4: Insight- When you prioritize solving others' problems to help make their lives easier, it makes your life much harder.

#5: Insight- When being exhausted has become normalized, you are used to constantly being overtired and overextended. But you don't have to be!

Select 1-2 insights and write about their relevance to you.

Things get better when you do what works!

5 Mindset Strategies to Help You Find the Courage to Speak Up

- ✓ You need to teach others how you want to be treated.
- ✓ If someone isn't pulling their weight, don't let it reflect badly on you.
- ✓ Ask for help, then stop talking and allow the other person to respond.
- ✓ Most people try to take the easy way out if you let them: be gentle but firm. Show them you mean it and aren't taking your request back.
- ✓ You deserve to have a reasonable amount of chores, but not all of them.. By pushing for chore division, you are teaching others to share the load, support you and become a family team player.

Select 1-2 mindset strategies and share how they are relevant to you.

Things get better when you do what works!

When a woman is able to ask for help, it changes the game entirely! She's no longer controlled by how others respond and doesn't let them stop her from expressing how she feels or asking for what she needs. Her decision to ask for help comes from a place of worthiness not fear. She feels relieved to know she doesn't have to do it all alone anymore!

Select a Situation You'd Like to Address

Identify a situation in which asking for help has been a challenge. Write about what the obstacle are and how you would like to handle it.

This Event Can Change Your Life!

ARE YOU DOING TOO MUCH BUT DON'T KNOW HOW TO STOP?



- **If you're always there for everyone else**, but often set your own needs aside
- **If you long for more time**, yet guilt and obligations keep you saying Yes when you want to say NO.
- **If you feel exhausted and resentful**, you can learn to take back your time, reclaim your energy and finally make yourself a priority!

YOU'RE INVITED TO:

Say Yes to You: A Women's Empowerment Retreat
from Exhausted to Energized and Overwhelmed to Overjoyed
Saturday, March 29, 11-2 pm ET

Say Yes to YOU is a transformational retreat that will help you learn to:

- ✓ **Take back your time**, energy and stop overgiving
 - ✓ **Communicate your needs** with strength and kindness
 - ✓ **Set clear, healthy boundaries** and learn to stick to with them
 - ✓ **Discover powerful mindset shifts** for making your needs the priority
- Join

Join the waitlist now to be eligible for special discounts and BONUSES!

<https://youramazingjourney.lpages.co/retreat-waitlist/>

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