

UNPEOPLE PLEASE

A journaling journey back to the real you.

By: Keelie Louise



Hey friend!

If you've spent most of your life trying to be what everyone else needed: nice, easygoing, agreeable, low-maintenance, you're not alone.

You've likely mastered the art of smiling through discomfort, nodding when you wanted to scream, and saying yes when your soul was begging for a no.

This guide is your permission slip to drop the mask.

To peel back the layers of people-pleasing, perfectionism, and performative "I'm fine" energy and meet the YOU that's been there all along.

Inside, you'll find powerful, thought-provoking prompts designed to:

- Help you untangle where the people-pleasing patterns started
- Reconnect with your voice, values, and truth
- Build a life that actually feels like yours

Because you weren't born to blend in.

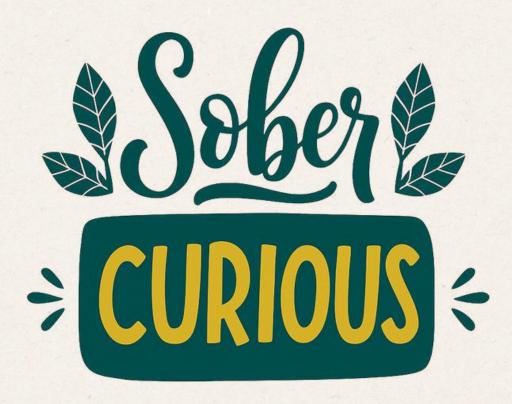
You were born to be bold, real, and wildly you.

Let's begin.

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Keelie Louise





This journal belongs to



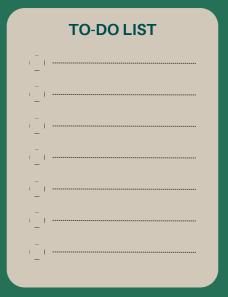
flwareness NOTICING THE MASKS

- 1. What parts of myself do I feel I hide from others? Why?
- 2. When was the first time I remember feeling I had to "be someone else" to be liked or accepted?
- 3. What does "being good" or "being liked" mean to me? Where did that belief come from?
- 4. Who do I feel the need to please the most right now? What do I fear will happen if I stop?
- 5. How does my body feel when I'm saying "yes" but I want to say "no"?



Week:

What parts of myself do I feel I hide from others? Why?



I am Grateful for



Week:

When was the first time I remember feeling I had to "be someone else" to be liked or accepted?

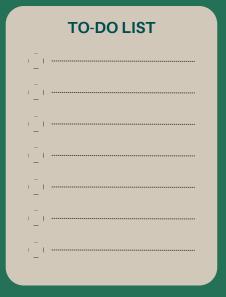
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I am Grateful for



Week:

What does "being good" or "being liked" mean to me? Where did that belief come from?



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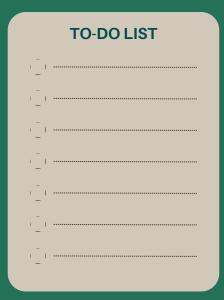
Today's Mood

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Week:

Who do I feel the need to please the most right now? What do I fear will happen if I stop?

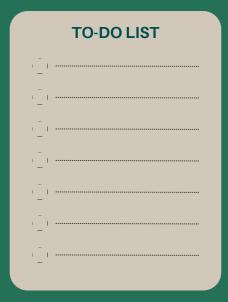


I am Grateful for



Week:

How does my body feel when I'm saying "yes" but I want to say "no"?



I am Grateful for



- 1. If no one was watching, what would I do with my time today?
- 2. What brings me joy that I've stopped doing or never given myself permission to explore?
- 3. What kind of environments make me feel safe, alive, and free?
- 4. Who in my life allows me to show up fully as myself? How do they make me feel?
- 5. If I could rewrite the "rules" I live by, what would they be?



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I am Grateful for

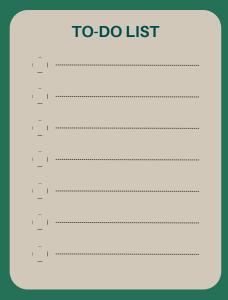
Today's Mood

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Week:

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Week:

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Today's Mood

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I am Grateful for



Week:

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I am Grateful for					

Today's Mood

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Week:

If I could rewrite the "rules" I live by, what would they be?



I am Grateful for

BONUS Reflection

At the end of each week, ask:

"What did I learn about myself this week?"

"Where did I feel most like me?"

"Where did I still fall into people-pleasing? How can I show myself compassion in that moment?"





Date	Time	Trigger	Craving Level (1-10)	What I Did Instead	Result/Reflection

MY MOOD TRACKER My Feeling About My Day Self Reflection Why I felt bad What went well

What i'm grateful for:



Notes

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		My sleep last night was
		** • • • • • • • • • • • • • • • • • •
How am I feeling this morning?		Approx. hours
Great Good Chay	Not good Awful	Get up time
Day to do list		
Today I intend	Eye exercises	Cups of water
	1 2 3	1 2 3 4 5 6 7
Evening to do list		
How am I feeling this evening?		Am I satisfied with this day?
Great Good Chay	Not good Awful	
I am grateful today for	What I like abo	out myself today
6		
What I managed to do today	What I would	like to tell myself for tomorrow

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How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud strong active love passion freedom happiness optimism belief hope inspired courage interest amusement gratitude delight relaxed calm confident curious focused worthy thrilled self-respecting kind



Keeping track of your habits can help you stay on track and achieve your goals. Fill out your top 12 goals and mark them off each day you successfully complete them.

WEEK OF:							
HABIT / SELF-CARE STEP	S	M	Т	W	Т	F	S
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REFLECTION NOTES	· ·						
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"I am safe to drop the mask. I honour my voice, my values, and my truth. I release the need to please and embrace the freedom of being fully, wildly me."



Want more FREE tools for your glow-up?

Dive into <u>The Mirror Ball Files</u>: your backstage pass to all things bold, bright, and beautifully sober.

Let's stay connected:

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Be the woman you promised yourself you'd become