



STOP CARRYING IT ALL!

**A Leader's Guide to Stop
Pushing Past Exhaustion,
Ask for Help at Home and
Say NO without Feeling Guilty**

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You've Come to the Right Place!

Hello and welcome!

You've made a powerful decision by requesting your copy of:

STOP CARRYING IT ALL: Stop Pushing Past Exhaustion, Ask for Help at Home, and Say NO Without Feeling Guilty

I created this guide for the smart, successful, midlife woman who is tired of doing "all the things", making life easier for everyone else while making it harder for herself. Who's a leader at work but feels unappreciated at home.

Inside, you'll find practical tools to help you:

- Say NO without feeling guilty
- Feel valued, not taken for granted
- Stop doing too much just to keep the peace
- Avoid burnout by delegating tasks to others

The four real-life scenarios will show you how to navigate sticky moments when you need support but don't know what to say. And give you the words to express it.

My hope is that this guide becomes a source of clarity, courage and strength, and inspires you to stand up, speak out, and finally ask for the help you deserve!

Making yourself a priority can transform your life! It starts by learning how to ask for what you want, express what's on your mind and say NO without feeling guilty!

I specialize in helping women find the words and the way to find the courage to speak up!

Book a Free Communication Strategy Session with me!
<https://calendly.com/meetingwithjoan/30-minute-communication-strategy-session/>



**Warm regards,
Joan Stenzler, LCSW**

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Your paragraph text

This Could Change Your Life!

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

1. You rarely take time to slow down and notice what you're feeling.
2. You always have time to help others yet run out of time for yourself.
3. You put your needs on the back burner, treating them as unimportant..
4. You feel exhausted but normalize feeling physically/emotionally depleted. .
5. You avoid setting boundaries and struggle to say NO, because you fear that others will judge you or disapprove, So instead of making your needs the priority, you mainly focus on how you can make others happy.

If you said YES 3 times, you're on the road to chronic exhaustion. If you said YES 4-5, STOP EVERYTHING and dive into this valuable resource!

There's no time to wait! Your happiness and well-being are on the line! ❤️



What would it be like if you were able to:

- ✓ Take back your time and reclaim your energy?
- ✓ Say YES to what nourishes your heart and soul?
- ✓ Set boundaries and say NO without feeling guilty?
- ✓ Own your voice and find the courage to speak?

Read on because you're about to find out!

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Things get so much better when you choose to do what works for you and SAY NO to things that don't

GREAT COMMUNICATION IS THE KEY TO HEALTHY, SATISFYING CONVERSATIONS!

It helps to create relationships that work better because they help you feel seen, supported and understood. With understanding, trust and respect grows.

3 reasons a woman has difficulty expressing her need for help:

- She's used to doing too much, being tired and often exhausted
- Others count on her and she doesn't want to disappoint anyone
- She worries that if she asks, others will respond negatively or Say NO

But once a woman is ready to ask for help, it changes the game entirely!

- She is no longer controlled by how others respond to her
- She feels relieved to know she doesn't have to do it alone anymore!
- Her decision to ask for help is based on how she feels/what she needs.

NOW IT'S YOUR TURN : Let's get to the bottom of what's holding you back.

What makes it hard for YOU to ask for help?

What makes it hard for YOU to ask for help?

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Things get better when you do what works!

Guidance and Strategies: How to Ask for Help Everyday: 5 Common Situations– Insight & Scripts for Handling Them

INSIGHT #1 : *'If you cannot set boundaries and you fear saying NO, your needs and well-being will be the first thing to go.*

"I need you to follow through – not make excuses."

Situation: A partner or teen agrees to help but doesn't follow through, leaving our heroine picking up the pieces.

Common pattern: She avoids confrontation but feels really resentful.

Her Empowered Script:

"When you agree to take something on and it doesn't happen, the load falls back on me. I can't keep doing that. If you commit to something, I need it done – and if you can't do it, tell me ahead of time so we can adjust the plan. That way I feel respected, not ignored.



INSIGHT #2: *If you do more for others, but they don't pay attention, The support that you gave them, may not even be mentioned.*

"Stop talking over me. I'm not done yet."

Situation: Her spouse cuts her off when she tries to express a need or frustration to him, making it hard for her to let him know how she feels. .

Common pattern: She shuts down to avoid outer conflict, Unfortunately not discussing her concerns creates an inner struggle to be understood.

Empowered script:

"I need you to pause and listen to me, before responding. I'm not finished yet. What I'm saying is important to me. Please hear me out fully before you share your thoughts."

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Things get better when you do what works!

Guidance and Strategies: How to Ask for Help Everyday: 5 Common Situations– Insight & Scripts for Handling Them

INSIGHT #3: If you don't ask for help at a time when you need it, frustration will grow, and resentment will feed it.

"I can't do everything tonight."

Situation: She comes home from work after running a team meeting and finds dinner, homework, and chores waiting for her, all assumed to be "her job."

Common pattern: She seethes with resentment.

Empowered script:

"Everyone, I've already worked a full day — I need us to share these responsibilities tonight. Here's what I can do, and here's what I need from you: I'll handle dinner, and I need you both to take care of dishes and laundry. We're a family. This needs to be a group effort."



INSIGHT #4: When exhaustion takes over, take my wise advice, get support or you'll burn out and you'll pay a big price.

"I need rest — not another request."

Situation: She walks in the door and instantly gets hit with "Where's my...?" "Can you...?" "I need..."

Common pattern: She tries to be available, even when she's exhausted.

Empowered script:

"Before we dive into anything, I need 20 minutes to decompress. Please give me space until I say I'm ready. That's how I can show up well for all of us."

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Does this Sound Familiar?

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

If you're an intelligent, caring female leader, who's amazing in the boardroom but often feels unsatisfied and unsupported at home, I can help you bridge the gap and find the courage to speak up



As a communication design strategist, motivational speaker & relationship coach, I've seen smart, successful women who do too much because they feel they should, give their power away, drain their energy and end up frustrated, exhausted and unappreciated.

I teach these amazing women who give so much to others, how to take back their time, reclaim their energy and make themselves to focus of their flice

Book a Free Communication Strategy Session with me! Share a current situation you are struggling with. We'll talk about it then I give you insight into how to handle the situation and even provide you will a script I've written for you to use when you are ready to express

<https://calendly.com/meetingwithjoan/30-minute-communication-strategy-session/>

This isn't about perfection or adding more to your plate—it's about giving yourself permission to prioritize YOU. Your journey to emotional freedom and lasting change begins here! Thank you for your kind attention!

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