



SAY YES TO YOU!

**An Exhausted Woman's Guide
to Taking Back Her Time,
Learning to Say No and
Making Herself a Top Priority**

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You've Come to the Right Place!

Hello and welcome!

You've made a wise decision by requesting a copy of my Guide for women who do too much: **SAY YES TO YOU!**

I created it for smart, successful women who are tired of taking on 'all the things' that need to be done and making life easier for everyone else. But so much harder for YOU.

This guide is a valuable resource for knowing your limits, asking for help, learning how to say NO and really mean it! The 5 real-world examples give you practical strategies for managing sticky situations and finally putting yourself first!

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!**

Making yourself a priority can transform your life!

But it begins by learning how to ask for what you want, express what's on your mind and say NO without feeling guilty!

To take advantage of this FREE resource guide, read it through and fill in the journal prompts to find powerful ways to Say Yes to YOU!



**Warm regards,
Joan Stenzler,
LCSW**

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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 to:

- ***Ask for help in a clear, effective way*** and not let guilt/fear stop you
- ***Choose to Say Yes to YOU***, making yourself a priority with less guilt
- ***Say NO to what no longer serves you*** and YES to feeling your best!

This isn't about perfection or adding more to your plate—it's about giving yourself permission to prioritize YOU. Let this guide be your companion. Your journey to emotional freedom & lasting change begins here!

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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:

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

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

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

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?

Things get better when you do what works!

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

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

Situation: Dry cleaning- You've been busy running from one medical appointment to another, dealing with dropping off your kids for sports' practice, with no time to breathe. You need the dress that you'll be wearing to an awards dinner, picked up from the dry cleaners but have no time to do it.

You say: "Honey, I have back to back meetings tonight.. Can you pick up my dress from the cleaners? (Stop talking; just listen) Then say, "I'll order some pizza and have it delivered for dinner. Can we make this work?"

Secret to this request: Stop talking and let your partner respond

#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.

Situation: Teenage laundry- Your teenagers are Sophomores in HS, yet have never done laundry because you've done it for them. They're on Spring Break at home and you want them to learn how to start doing it themselves."

You say: I know you like it when I do your laundry. But you're old enough now to learn how to do it yourself. Let's find time over the weekend and I'll show you how you do it. Then set your intention and follow through with it.

Most people will take the easy way out if you let them: be gentle but firm and show them you mean it and aren't going to take it back.

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Things get better when you do what works!

#3: Insight-*You avoid setting boundaries and struggle to say NO, because you fear that others will judge you or disapprove, So you focus on making others happy. But doing so increases your stress and depletes your energy*

Situation: Project at Work- You've been paired up with a coworker to do a study of turn-over rates among employees. When your partner hasn't shown up twice to meet with you, you are concerned but you like this person and don't want to get her in trouble. You know you need to say something but feel really torn about it.

You say: to your coworker "Our deadline to submit our findings is close and I want to stay on track, But you've been unavailable to meet with me so this really puts me in a bad position. Are you willing to start meeting with me now so we can get this done? If not, I will need to share this with the boss."

If someone isn't pulling their weight, don't let it reflect badly on you

#4: Insight-*You prioritize solving others' problems to help make their lives easier. But taking responsibility that belongs to others, makes your life much harder.*

Situation: You've got back-to-back work meetings, kids' activities, or personal obligations, and preparing healthy meals feels impossible.

Instead of ordering takeout again, asking for help from a partner or family member, or outsourcing (like ordering meal kits or groceries) could ease the load.

You say to family members: I'm overwhelmed at work right now and need some help with dinners. Could you plan and cook a couple of meals, or order takeout or from a meal service? I would really appreciate your doing that!

You need to teach others, including family, how you want to be treated

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Things get better when you do what works!

#5: Insight-Exhaustion has become your normal—you're constantly overtired and overextended. But you don't have to be!

Situation: Household responsibilities- As with most women, you have assumed almost all the household chores and have found a way to do them all yourself. Now you feel exhausted and it's finally time to set limits on how much you're willing to do. Someone else will have to take responsibility for getting the rest done and it's up to you to let them know what you'll do, where you draw the line and really mean it

You say to family members: "I've been feeling overwhelmed with keeping the house clean by myself. I need your help to get it all done and want us to find a way to take some of the pressure off of me, by sharing the responsibility for chores.

You deserve to have a reasonable amount of chores to take care of, not in excess. By pushing for chore division, you are teaching others to share the load, support you and become a family team player.

Feel the Fear and Do it Anyway!

What would make it easier for you to ask for help?

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This Could Change Your Life!

ARE YOU 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 put your needs on the back burner, treating them as unimportant..
3. You always have time to help others yet run out of time for yourself.
4. You feel exhausted but normalize feeling physically/emotionally depleted.
5. You love helping others but feel unsupported when you need help yourself.
6. 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.



What would it be like if you were able to:

- ✓ Set boundaries, say NO without guilt
- ✓ Reclaim your time, energy, and voice
- ✓ Say YES to what nourishes your heart and soul

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Getting to Know Joan Stenzler

As a communication design strategist, motivational speaker & relationship empowerment 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 find the courage to speak up.

Can you relate? I know that I can!

And today, as a way to help women like you, **for a limited time, I'm offering a free 30-minute Communication Strategy Session.**

The purpose of this consultation is to give you an opportunity to learn new communication strategies that will help you foster deeper connections in your relationships.

[Book Your Free Session Here](#)

You've got this. You don't have to do it all – and you don't have to do it alone. I'm here to help!

To take advantage of this FREE resource guide, read it through and fill in the journal prompts to find powerful ways to Say Yes to YOU!



Wishing you success on your Amazing Journey!

Joan Stenzler, LCSW