



The Self- Abandonment Check-In:

**3 Questions to Expose
Why You're Exhausted
(and How to Stop)**



UPLIFT FOUNDATION
Dedicated to helping women and children thrive

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The Truth You've Been Hiding From

You're the strong one. The rock. The one who always says "yes." But underneath that smile, you're bone-tired. You're resentful. And you're starting to realize that in the process of taking care of everyone else, you've completely lost yourself.

This isn't just "burnout." It's **self-abandonment**.

Self-abandonment is the thousand tiny compromises you make every day. It's the silence you keep to keep the peace. It's the "yes" that betrays your soul.

This check-in is designed to bring those patterns into the light. Because you cannot heal what you refuse to see.

The 3 Questions

Find a quiet space. Take a deep breath. Be brutally honest with yourself.

Question 1: The Cost of Your "Yes"

When was the last time you said "yes" to something you genuinely did not want to do? What was the emotional and physical cost to you in the hours that followed?

Question 2: The Invisible Needs

What is one thing you consistently do for others (listening, nurturing, protecting) that you almost never do for yourself? Why do you believe they are more worthy of that care than you

Question 3: The Unspoken Truth

If you stopped "performing strength" for just one hour today, what is the first thing your body would tell you? What is the one truth you are most afraid to say out loud?

The Bridge to Becoming Her

Awareness is the first step, but it isn't the cure. You now see the leaks in your energy and the gaps in your self-trust.

The question is: **Are you ready to stop surviving and start returning home to yourself?**

The journey from self-abandonment to unwavering self-trust requires a map. I've created that map for you in **Becoming Her: The 28-Day Self-Worth Reset.**

In the eBook, we move beyond the check-in and into the 6-phase method to reclaim your voice, protect your peace, and finally embody the woman you were always meant to be.

[Link: Claim Your Copy of Becoming Her & Start Your Return]