

YOU FIRST:

AN ODE TO

Self-Love



PRESENTED TO: OVER-GIVERS

FROM: TOSHA LINDSEY, LCPC

INVEST IN YOURSELF

Best wellness advice.

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SUMMARY

A gentle guide for the soul who's tired of over-giving — and ready to put themselves first without guilt.

You've given so much of yourself to others — your time, your energy, your care. But somewhere along the way, you forgot how to be a safe place for yourself.

This guide is your invitation to pause, exhale, and return to what you need — gently, intentionally, and without apology.

This Guide For You if ...

- *You constantly put others needs ahead of your own*
- *You feel emotionally drained and disconnected from your peace*
- *You struggle to say “no” without guilt*
- *You crave a softer way to heal, not another harsh self-help plan*

Inside you'll discover ...

- *Why burnout, resentment, and people-pleasing aren't your fault — and how to break free*
- *How to set emotional boundaries that feel safe, not scary*
- *Practical ways to rest, recharge, and reconnect with your inner peace*
- *Reflection prompts to help you feel grounded in your own care again*

This isn't just another “self-care” checklist.

It's a soft reset — a Recommitment to yourself.

Let this be your next right step.



Welcome Letter

Hey Love,

You've carried so much for so long.
And maybe you've told yourself that's just who you are — the strong one, the dependable one, the one who always shows up—for everyone.

But what happens when there's nothing left for you?

When was the last time you asked yourself what YOU needed?

I see you there, beautiful soul — exhausted from giving from an empty cup, guilty for wanting more, scared to disappoint anyone but yourself. You're ready for something different, but you don't know where to start. You feel stuck in the space between "I can't keep living like this" and "But what if I mess everything up?"

You're not broken. You're not selfish for wanting more. You're just ready, and you know why you're ready—because it's time. It's your turn.

This is your invitation to soften. To stop abandoning yourself to hold everyone else together. To make your way back — slowly, gently — to the place within you that's been waiting for care too.

You deserve that, you deserve more of YOU.

You did what you had to do to survive, to belong, to be loved. Your people-pleasing, your over-giving, your endless availability — it kept you safe once. But now? Now it's keeping you small.

And you were never meant to be small.

This guide is not a hustle. It's not a challenge. It's not another way to "fix" yourself.

It's a love letter. To the part of you that's tired of over-giving. To the version of you that's ready to rest, to receive, and to be held — by YOU. To the inner child who learned that her worth came from what she could do for others.

This is your official permission slip to disappoint people, and be okay with it.

You are not responsible for everyone else's emotional weather. Your worth is not measured by your usefulness to others. Your needs matter. Your dreams matter. *YOU matter.*

Not because of what you do, but because of who you are.

In these pages, you'll discover why boundaries aren't walls — they're bridges to better relationships. Why self-love isn't selfish — it's sacred. Why putting yourself first doesn't make you a bad person — it makes you a whole one. You'll learn to recognize the voice of your inner child who's been silently screaming for attention. You'll understand why you burn out and how to reset without guilt. You'll find the courage to say *no* to others, the wisdom to say *yes* to yourself, and the strength to step into your power.

The life you've been dreaming of? The one where you matter too? It's not "someday." The time is now.

No one is coming to save you Beautiful Soul. And that's actually the most empowering truth of all — because it means you get to be your own hero. You get to write the story where you finally put YOUrself first.

This journey starts with one radical act: Choosing YOU.

Turn the page when you're ready to meet the version of yourself who Saves Some For You.

You first. Without guilt. Without shame. With fierce love and gentle rebellion.

You're allowed to start again, gently. You're allowed to start again, *now*.

Welcome home to yourself.

~ With fierce love and sacred permission to put yourself first,
Tosha

P.S. Every word in this guide was written for the YOU who needs to hear it most. Trust that you were led here for a reason.



What Happens When You Over-Give

Over-giving feels like love — until it doesn't.

At first, it looks like kindness, generosity, being "a good person." But over time, it drains you. It becomes a pattern of self-abandonment. You say yes when your body says no. You smile while silently resenting. You stay silent to keep the peace — while your needs go unmet—yet again.

And this isn't your fault.

Many of us learned love through performance. Approval. Self-sacrifice. Survival. We became experts at reading everyone else's emotions while ignoring our own. We made ourselves indispensable to feel valuable. We gave and gave until giving became our identity.

But who are you when you're not giving everything away?

Maybe you don't know anymore. Maybe you've forgotten the sound of your own wants, the texture of your own dreams. Maybe you've become a stranger to the person you were before you became everyone else's everything, and your own nothing.

Your nervous system is tired. Your soul is depleted. That knot in your chest when you automatically say yes again? That's your body begging you to stop. The resentment that builds when no one asks what you need? That's your inner child crying out for attention.

You learned to love through giving because somewhere along the way, you learned that your worth was conditional. That love had to be earned. That being "too much" or "too needy" would mean being alone.

But you're allowed to relearn.

You're allowed to discover that real love — the kind that heals and sustains — doesn't require you to disappear. You're allowed to protect your energy without guilt. You're allowed to take up space. You're allowed to have needs. You're allowed to matter in your own life.

You're allowed to Choose YOU!

Not because everyone else is bad or wrong. But because you can't pour from an empty cup forever. Because your dreams matter too. Because the people who truly love you want you to be whole, not hollow.

The over-giving stops here. The self-abandonment ends now.

Your healing begins with this radical act: Saving Some For You.



Signs You've Been Over-Giving

Maybe you're reading this thinking, "Is this really me?"

Let me paint the picture you might recognize:

You feel emotionally depleted after helping others — what used to feel fulfilling now leaves you feeling drained, like someone pulled the plug on your energy. The very act that once brought you joy now feels like a tax on your soul.

You struggle to say "no," even when overwhelmed — the word gets stuck in your throat. You hear yourself saying yes while your mind screams NO! You've forgotten that "no" is a complete sentence, not an invitation for negotiation.

You feel guilty prioritizing your own rest or needs — taking a bath feels selfish. Saying you're tired feels dramatic. Asking for help feels like you're admitting failure. You've made self-care into a luxury instead of a necessity.

You attract relationships that drain or take more than they give — somehow, you've become a magnet for people who need fixing, saving, or endless emotional labor. Your calendar is full of other people's emergencies while your own needs wait in the wings. An old friend once called this "high maintenance relationships"—and I didn't fully understand it at the time ... until I did.

You feel unworthy when you're not "useful" — your value is tied to your productivity, your helpfulness, your ability to solve everyone else's problems. Rest feels like laziness. Being loved for who you are (not what you do) feels foreign and scary.

Does this sound familiar? Do you see yourself in these patterns?

You're not broken. You're not too much or too little. You're just tired of being everyone else's anchor while you're drowning.

These signs aren't character flaws — they're symptoms. Symptoms of a system that taught you love was conditional, that your worth was earned through sacrifice, that your needs came last.

But symptoms can be healed, and patterns can be changed.

And it starts with recognizing that you deserve to Save Some for You.



Relearning Safety with Yourself

For so long, you've been searching for safety in all the wrong places.

You've looked for it in other people's approval. In being needed. In making sure everyone else is okay first. You've tried to find peace by controlling how others feel about you, by being so helpful that they could never leave, by being so accommodating that conflict becomes impossible.

But real safety? It lives inside of you.

Being your own safe place means no longer outsourcing your peace to other people. It means showing up for yourself with compassion, not criticism. It means knowing you deserve care without needing to earn it through performance or perfection.

This isn't selfish — it's sacred.

Think about it: How can you truly love others if you've abandoned yourself? How can you offer genuine care if you're running on empty? How can you build healthy relationships if you don't know how to have one with yourself?

Safety with yourself looks like:

- **Trusting your own instincts instead of second-guessing everything (stop gaslighting yourself)**
- **Speaking to yourself like you would a beloved friend**
- **Honoring your emotions without judgment or shame**
- **Setting boundaries that protect your energy, not just everyone else's comfort**
- **Believing you're worthy of love exactly as you are, right now, flaws and all**

You've been waiting for permission. Here it is.

Healing begins when you make a habit of asking yourself: What do I need today? And then honoring the answer, unapologetically. Not what everyone else needs from you. Not what you think you should need. What your body, your heart, and your soul is actually asking for.

Go ahead, try it now—say, “What do I need today?” and don't rush through this, make a habit of it.

Maybe it's rest. Maybe it's movement. Maybe it's saying no. Maybe it's finally saying what you really think. Maybe it's letting yourself cry. Maybe it's letting yourself dream. Whatever it is, gift it to yourself.

Your inner child has been waiting for you to come home to yourself.

She's been sitting in the corner of your heart, hoping you'll remember she exists. Hoping you'll ask her what she needs. Hoping you'll tell her she's safe now — because you're finally here to protect her.

The safety you've been seeking exists. It's been inside of you all along, waiting for you to come back.



Reflection Prompt

Take a gentle breath. Place your hand on your heart. Ask yourself with curiosity, not judgment:

“Where in my life do I still abandon myself to keep others comfortable?”

Maybe it's in that relationship where you bite your tongue to avoid conflict.

Maybe it's at work where you say yes to every request while your own projects sit unfinished.

Maybe it's with family, where you slip back into old roles that no longer fit who you've become.

Maybe it's in the small moments — laughing at jokes that aren't funny,
agreeing with opinions you don't share,
pretending you're fine when you're falling apart.

There's no shame in recognizing these patterns.

Awareness is the first step to freedom.

Take your time with this.

Let the answers come without forcing them.

Your body knows exactly where you've been leaving yourself behind — listen to what it tells you.

The body truly does keep score.

Write it down. Honor what comes up. This is sacred work.

Remember: You're not identifying these patterns to judge yourself, but to love yourself back to wholeness.



The Soft-Reset Framework

You don't need to wait until you're completely burned out to come back to yourself. You don't need a dramatic life overhaul or a month-long retreat either.

You need a way back to you that's gentle, accessible, and real.

This 4-step practice can help you ground, reset, and return to yourself — anytime, anywhere, in just a few minutes. Think of it as your emergency toolkit for those moments when you realize you've disappeared from your own life again.

1. Pause + Breathe

Give yourself 60 seconds to inhale deeply and be fully present in your body. Feel your feet on the ground. Notice where you're holding tension—unclench your jaw, drop your shoulders, relax your brows. This isn't about perfect breathing — it's about coming home to yourself in this moment. Being present.

Your breath is always available. Your body is always waiting to support you.

2. Ask

What do I need right now — emotionally, physically, or spiritually?

Not what you think you should need. Not what would make everyone else happy. What is your soul actually asking for? Maybe it's water. Maybe it's movement. Maybe it's to cry. Maybe it's to say no to the next request. Trust the first answer that comes.

3. Honor that need — without guilt

Rest, step back, speak up, or do nothing. Let it be enough. You don't need to justify caring for yourself. You don't need permission to meet your own needs. This step is where the real work happens — choosing yourself, even in small ways.

ESPECIALLY in small ways.

4. Repeat

The more you practice this, the more natural it becomes—build the muscle. You're literally rewiring your nervous system to remember that YOU matter. You're teaching yourself that your needs are valid, your feelings are important, and you're worth showing up for.

This isn't a one-time fix — it's a love practice; you're building your self-love muscle.

Every time you pause instead of pushing through, every time you ask instead of assuming you should just handle it, every time you honor your truth instead of abandoning yourself for others comfort, you're healing the pattern.

You're teaching yourself that you're safe with you.

Start small. Use this framework when you're overwhelmed at work, when someone asks for something you don't want to give, when you catch yourself saying yes but feeling no.

Your future self will thank you for every tiny moment you chose to come back to yourself.



Self-Reclamation Journal Prompts

Sometimes we need questions that cut through the noise and bring us back to what's true. These aren't therapy homework questions or another thing on your to-do list. They're gentle invitations to remember who you are beneath all the doing, the fixing, and the giving.

Use these prompts to gently check-in and realign:

Set aside 10-15 minutes. Light a candle (if that's your thing), make some tea, or just sit quietly. Let your answers flow without editing or judging. Just free-write.

1. Where have I been overextending myself lately?

Notice where your energy has been leaking. What commitments feel heavy? Which relationships feel one-sided? Where are you giving more than you actually have to give?

2. What emotions have I been avoiding?

Anger you've swallowed to keep the peace? Sadness you've pushed down to stay strong? Fear you've ignored to appear capable? Your avoided emotions are trying to tell you something important.

3. What does safety feel like in my body today?

Maybe it's your shoulders dropping. Maybe it's breathing deeper. Maybe it's the feeling of your feet firmly planted. Safety isn't just a concept — it's a felt experience.

4. Where am I allowed to soften, even a little?

Where have you been holding yourself too tightly? What masks can you take off? Where can you let your guard down, even if just for today? Softness is not weakness — it's wisdom.

5. How do I want to feel — and what would help me feel that way?

This isn't about having your whole life figured out. It's about honoring what your soul is craving right now. Peaceful? Creative? Joyful? Rested? What one small thing could move you in that direction?

Write freely. Let the words pour out. Your inner wisdom knows exactly what you need to hear.

Remember: There are no wrong answers here. Only truth, that's been waiting for you to listen.

These prompts aren't just questions — they're keys. Keys to unlock the parts of yourself you may have forgotten exist. Use them as often as you need, whenever you feel disconnected from your own truth.

Your relationship with yourself is the most important one you'll ever have (outside of God). These prompts can help you nurture it.



Your Next Gentle Step

There is no finish line for healing. But there is a beginning — and you just took it. You should be proud of yourself.

By reading these words, by recognizing yourself in these patterns, by asking these questions — you've already started.

You've started the (second) most important relationship of your life: the one with yourself. You've begun the sacred work of coming home to who you are beneath all the doing, the fixing, and the giving.

This guide is yours to revisit whenever you need to reset, reclaim, or rest. When you catch yourself saying yes but feeling no. When you realize you've disappeared from your own life again. When you need reminding that your needs matter too.

You don't need permission to put yourself first. You just need practice.

And practice doesn't mean perfect. It means showing up for yourself imperfectly, messily, with love. It means choosing yourself in small moments, over and over again, until those moments add up to a life where you matter in your own story.

You're not alone on this journey.

More soul-deep tools are coming your way — all rooted in compassion, clarity, and calm. Resources to help you set boundaries without guilt, heal your relationship with yourself, and create a life that feels like home.

This is just the beginning of what's possible when you Save Some For You.

Your inner child is smiling. She's been waiting so long for you to come back. She knew you would find your way home to yourself — she never stopped believing in your strength, your worth, and your beautiful heart.

For now, close your eyes. Take a deep breath. And say: "I am safe with me."

Do whatever it takes to keep that promise to yourself.

Feel the truth of those words settling into your bones. You are safe with you. You always have been. You always will be.

Welcome to your soft revolution beautiful soul. Welcome to putting YOUrself first.

The world needs you whole, not hollow.

Start here. Start gently. Start now.



About the Author

Tosha Lindsey, LCPC, is the Founder of Beyond Your Boundaries, a Licensed Therapist, Author, and Wellness Educator. She is the creator of the Beyond Your Boundaries Digital Wellness Suite — a nurturing space for healing, self-discovery, and emotional restoration. She helps people unlearn patterns of burnout, over-giving, and codependency while guiding them toward stronger boundaries, deeper self-worth, and radical self-love.

Her digital resources — eBooks, self-paced courses, and healing guides are crafted to support your return to yourself — not with pressure, but with presence. Her work is rooted in truth, compassion, and the belief that we can heal ourselves when we have the right tools and support.

When she's not writing or building new offerings, Tosha is probably journaling, researching, resting intentionally, or having heartfelt conversations and quality time with the people she loves.

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