

7 SIGNS YOU'VE BEEN PUSHING YOURSELF FOR TOO LONG



*A guide to understanding why being the
capable one, has made you loose yourself
and why it's time to stop.*

BY KAITLIN CRAWFORD



Welcome

If you have arrived here, you are probably feeling like it's become too much. All of it. You are the one everyone turns to and asks you for your help and support constantly. You figure things out, and hold things up. You are likely exhausted in a way that is hard to explain, because when people see you, everything looks fine.

You are not alone.

Let's understand why so that you can make the choice on how you want to move forward. For you. Not for anyone else.

“The truth will set you free, but first it will piss you off.”

- Gloria Steinem



01 The 7 Signs

#1

You can't remember the last time you felt like yourself.

Not the managed version, not the capable version, the one handling everything. Just you. The real you. Do you remember what that feels like?

#2

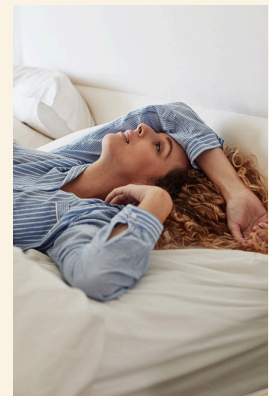
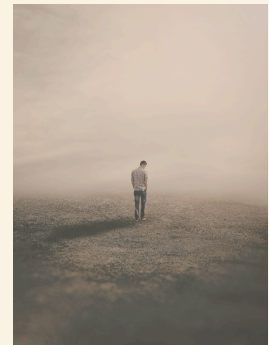
You say yes automatically before your body even has a chance to say no.

Then after you feel resentment towards others and yourself, but then you feel like you have to because you said yes so you do it anyway.

#3

You are tired in a way that sleep itself does not fix.

It's much deeper than that and stems from so much more. It feels hard to explain where it comes from and how it seems as if it lives with you now.



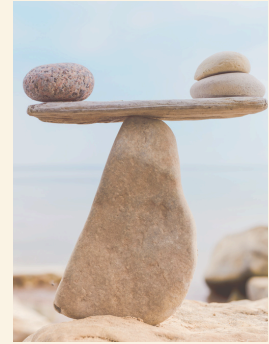
“When a woman tells the truth she is creating the possibility for more truth around her.”

- Adrienne Rich

#4

When someone asks how you're really doing, you still give the composed answer.

Not because you don't want to connect, but the amount that needs to come out feels like it would be way too much. Or you don't feel like you know what the honest answer is at this point.



#5

You feel invisible.

Lost in the day to day. The expectation. The way it's "supposed to be". This isn't because no one sees you, they do. But the person they see, isn't the real you.



#6

You have moments of inexplicable sadness or longing even when nothing is technically wrong.

Something feels missing but you can't quite name it. You may try to seek it out, but it feels like it gets further away when you try to chase it.



#7

You've achieved things, built things, handled things, and yet there's a persistent quiet feeling that none of it is quite yours.

Almost like you've been living someone else's version of your life. Through the lens they believe would be your best life.





If you recognized yourself in any of these 7 steps, even if it was just one of them, I want you to hear something very important. This is not who you are. None of these are defining of you in anyway. These are simply how you have learned to cope with handling far too much.

“There is no greater agony than bearing an untold story inside you.”

- Maya Angelou

These things can happen when a capable, intelligent, deeply feeling woman spends way too long carrying more than her share without ever being given permission to put any of it down. You haven't disappeared. She simply got quiet. The weight of it all got so loud, she quieted down so it could be managed. She has been waiting, patiently, persistently, for you to come back for her. It's time now.

02

What Happens When You Finally Come Back To Yourself

“If you surrender to the wind, you can ride it.”

- Toni Morrison



You wake up on a new day and it feels different. The first thing you feel is peace, comfort rather than obligation.

You say no to things that do not feel in alignment with what you need to be doing and you feel relief for those boundaries rather than guilt.

You get to move forward through your days and there are tons of moments, very small and ordinary, where you feel completely like yourself. The real you. The you that you recognize. You remember her.

You stop waiting for permission to do what you want and want the things you actually want.



You can return home to yourself.

You notice that the exhaustion doesn't fully disappear from your life in an instant, AND it stops being the loudest thing in the room.

Not only do you feel like there is a bit more space in your life, but you can breathe again. The relief and release of some of the stress or weight on your shoulders has gone down. You feel lighter.

You get to live your life for you and feel free as yourself once again.

The real you is waiting for you to choose her again and take care of her. You deserve to have time set aside for you to do those amazing things that ground you in life.

Be you. Be free.

What To Take Away

- ✓ You are not what you've had to do to manage the heavy pieces of this life you are living
- ✓ Take back your life and live fully for yourself. You do not need to wait for permission, you are the permission.
- ✓ You are worthy of a powerful relationship with yourself and to live for you once again.

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*“And the day came when the
risk to remain tight in a bud
was more painful than the risk
it took to blossom.”*

- ANAÏS NIN

Additional Resources



Online Program

Permission to Exhale is a 7 day journey that brings you back to your real self.

eBook

This is where you can provide readers with additional resources to further help

Yoga Classes

This is where you can provide readers with additional resources to further help

Community

This is where you can provide readers with additional resources to further help

About Me



Hey there, my name is Kaitlin.

I built Permission to Exhale for this exact woman. The one who has been the capable one for far too long and is finally ready to comehome to herself.

It's a seven-day journey back to the real you. Yoga, meditation, deep journaling, and the kind of honest conversation that finally give you language for what you have been feeling.

You don't have to have it all figured out to begin. You just have to be ready to stop carrying quite so much.

Kaitlin

