

LEAVING MYSELF BEHIND CHECK IN

7 Ways you may be leaving yourself behind without even realising it



@FutureHer.World

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A note from FutureHer.World

Hello beautiful soul,

You probably don't think of yourself as someone who abandons herself.

You probably think you're being kind. Flexible. Understanding. Patient. Responsible.

You think you're keeping the peace. Giving someone another chance. Waiting until you're more certain. Being realistic.

And sometimes you are.

But sometimes something else is happening.

Somewhere along the way, you've learned to leave yourself out of the equation. Not dramatically. Usually quietly.

This Check In is an invitation to notice where. Not to judge yourself. Not to fix yourself.

Just to remember.

Love,

Erna

@FutureHer.World

How to use this Check In

Don't answer quickly.

Read each statement.

Notice what happens inside you.

A yes.

A no.

A little resistance.

A sudden ouch.

A thought you immediately want to explain away.

That's information too.

For each statement, give yourself:

0 — Not like me

1 — Sometimes like me

2 — Often like me

3 — Very much like me

And then pay attention to the statements that make you want to argue with the page.

Those are often the interesting ones.

Check In 1

You wait for permission.

You have an idea, a decision, a desire, a direction you want to explore. Only before you move, you look around.

Will they approve?

Will they understand?

Is this sensible?

Am I allowed to want this?

Maybe you tell yourself you are "just being thoughtful."

How often do you:

☐ wait for other people's approval before you allow yourself to act on something you want.

☐ question whether you am allowed to want something when the people around you might not understand it.

☐ look outside yourself for reassurance that a decision is okay before trusting your own knowing.

Score: ____ / 9

Reminder:

You don't need everyone to understand a choice before you are allowed to explore it.

Check In 2

You need certainty before you move.

You keep researching, thinking, analysing, making lists, talking it through, waiting for that magical moment when you finally know exactly what to do.

Only sometimes clarity doesn't come before movement. Sometimes it arrives because you move.

How often do you:

- ☐ keep thinking about a decision long after you already know what you want.
- ☐ tell yourself you need more information before you can take the next step.
- ☐ postpone action because you are afraid of making the wrong choice.

Score: ___ / 9

Reminder:

Clarity comes from moving, not from thinking about moving.

Check In 3

You make other people's feelings your responsibility.

Someone is disappointed, upset, angry, uncomfortable with your choice.

And suddenly you're questioning yourself.

Maybe you should explain, apologise, fix it, give in, make it easier for them.

How often do you:

☐ let someone else's disappointment make you question whether you did something wrong.

☐ change your decision because you don't want someone else to feel uncomfortable.

☐ feel responsible for making other people feel okay with your choices.

Score: ___ / 9

Reminder:

Someone can be unhappy with your choice without your choice being wrong.

Check In 4

You say yes while something inside you says no.

You know before the words leave your mouth and you still say yes anyway.

Because saying no feels selfish, difficult, awkward, unkind.

And then you spend the next few hours wishing you hadn't agreed.

How often do you:

- ☐ agree to things even when you already know you don't want to.
- ☐ say yes because saying no feels selfish, difficult or unkind.
- ☐ find yourself regretting agreements you made because you didn't want to disappoint someone.

Score: ____ / 9

Reminder:

Your no does not need a dramatic reason to be valid.

Check In 5

You make yourself smaller to remain acceptable.

You soften your opinion. Hide your ambition. Downplay what you know. Don't ask for too much. Don't be "too much."

You become easier to digest.

How often do you:

- ☐ downplay what you know, want or have achieved so you don't appear to be too much.
- ☐ hold back your opinions when you think expressing them might change how someone sees you.
- ☐ make yourself easier to accommodate even when it means ignoring what you actually need.

Score: ____ / 9

Reminder:

Being acceptable to everyone is not the same as being true to yourself.

Check In 6

You keep explaining what you already know.

You know you're unhappy.

You know the relationship isn't working.

You know the job isn't right anymore.

You know the boundary needs to change.

Only instead of listening to yourself, you build a case for why you should ignore what you know.

How often do you:

☐ repeatedly look for reasons to stay in situations you already know don't feel right.

☐ explain away your own discomfort instead of listening to what it might be telling you.

☐ keep searching for evidence that you are wrong about something you already know deep down.

Score: ____ / 9

Reminder:

You don't always need more evidence. Sometimes you need to stop arguing with yourself.

Check In 7

You keep waiting to become someone else.

More confident, more healed, more successful, more certain, more disciplined, more ready.

As though the woman you are now isn't allowed to begin.

How often do you:

- ☐ tell yourself: "I will finally start when I am more confident, healed, successful or ready".
- ☐ believe you need to change something fundamental about yourself before you can have the life you want.
- ☐ postpone things that matter to you because you don't yet feel like the woman who could actually do them.

Score: ____ / 9

Reminder:

You don't need to become someone new. You may simply need to remember who you are beneath everything you've learned to be.

Your Check In

Add up your seven scores.

Maximum score: 63

Look at your highest scoring sections. Those are not failures. They are places where you may be leaving yourself behind most often.

Choose the one that feels most familiar. Not necessarily the one with the highest score.

The one that made you think: "Oh. That's a little too familiar."

That is the place where to start.

The place I most often leave myself behind is:

I notice this most when:

What I tend to choose instead of myself is:

The thing I already know underneath this is:

One small way I can stop leaving myself behind here is:

Closing

You don't have to fix yourself.

You don't have to become more worthy.

You don't need another personality.

Another identity.

Another version of yourself to perform.

You may simply need to become quiet enough to hear the woman who has been there all along.

FutureHer.World exists for that. A place to remember. A place to question what you've been taught. A place to stop leaving yourself behind.

Come back whenever you need to.

And if you want to go deeper, let me know.

You got this.

Love,

Erna