



Self-Sacrificing Woman

Has difficulty saying “no” and setting healthy boundaries, and often says “yes” to things she doesn’t really want to say “yes” to

Feels uncomfortable or guilty asking for what she desires, especially when it’s not something she really needs, or when it might inconvenience others

Consistently and reflexively puts other people’s needs and desires before her own, even if it leads to fatigue, resentment, overwhelm and burnout

Pushes through and overrides her struggles with low energy, hormone fluctuations, weight issues, chronic pain and/or mystery illnesses, and fears her health will interfere with her responsibilities or potential

Avoids and often feels overwhelmed by her emotions because they feel inconvenient, bewildering, overwhelming and uncomfortable

Compulsively operates in perpetual do-go-productivity mode otherwise she feels anxious, lazy, lost, and full of guilt, and has difficulty receiving the fruits of her labor

Hides her desires and who she really is from others because she fears she’s “too much” and feels ashamed that she wants more in life than what she already has

Thinks her integrity is determined by the fulfillment of agreements and commitments she has made, even when they no longer work or have become toxic to her

Self-Honoring Woman

Is comfortable saying “no” without apology or guilt because being able to say a confident “no” means her “yes” becomes more powerful, too

Gives herself permission to continually grow and evolve by exploring, honoring and nurturing her desires because everyone around her benefits when she does

Consistently fills her cup first and gives to others only from the overflow because she knows that neglecting, ignoring and denying herself is actually a selfish act

Listens to the wisdom of her body, nourishes herself on every level every day, and consistently makes the most self-honoring choice she can because her vitality and wellbeing are her greatest assets

Feels her feelings even when they are uncomfortable because they inform her, connect her to her innate wisdom, and empower her

Recognizes there are times to push and be productive but otherwise operates in a way that honors all of who she is and allows her to be wildly successful with less force

Accepts and celebrates her big, bold, beautiful self, takes up as much space as she requires, and knows prioritizing her dreams is her greatest contribution to the world

Acknowledges what is true and right for her in the present moment and discerns the best appropriate action forward from that place
