



# Doing Less

- Use the Q&A feature.
- Answer questions for you.
- Contribute in the chat if you want to.
- Select 'share with everyone'.
- Cover the chat up if you prefer.
- Replay available for 7 days.
- Slides will be sent to you.
- Share on social media without audio.

What are the things you want to stop doing?

Consider where you feel obligated to do things, where you tell yourself that you should/have to say yes.

Home life, at work, and in your relationships with others.

*What would you say no to or stop doing if you could do so without consequence?*

**Why do you want to stop doing these things?**



# Why is it so hard to stop?

- Your thoughts
- Decades of conditioning
- Praise for doing things for others
- We want to be needed (needed = valuable and worthy)
- Oestrogen fucks us up
- Being helpful, nice, accommodating, supportive becomes part of your identity.

# Skills to stop & be able to say no:

Self-love so you can prioritise you.

Learn how to regulate your nervous system.

Experience your emotions.

Be intentional with your calendar.

Stop people-pleasing.

Overcome the urge to say yes.

**Why does it currently feel uncomfortable to say  
no or not do something?**

**Be brutally honest and dramatic.**

**Be specific and describe it factually.**

**All that will happen is that you'll feel an emotion.**

**What has been preventing you from stopping  
doing these things, or from saying no?**

What do you get out of saying yes, what do  
you get out of doing them?

Get to be seen as nice

Get to think of yourself as a good person.

You can avoid confrontations.



What will other people think of you if you stop doing these things, and if you start saying no?

Get to be seen as nice

Get to think of yourself as a good person.

You can avoid confrontations.

What judgements or criticism might your brain  
come up with?

*I'm being selfish*

*This is gonna have consequences*

*I'm being mean*

*I'm ungrateful*

**What emotions might you start to experience?**

**Anxiety**

**Fear**

**Doubt**

**Nervous**

**Exhilaration!**

How can you approach these emotions that may be uncomfortable for you to feel, in a way that is kind, loving, and do-able?



**Doing Less isn't picture perfect.**

**Requires you to feel uncomfortable  
and to sit in the not doing.**

**Your brain is still there.**

**People are gonna have thoughts.  
It's easier to keep doing the same.**

**But the ROI is HUGE.**

**Are you willing to experience the discomfort?**

**Why?**



**90 seconds of discomfort**

**Create the discomfort on purpose.**

**Invite it in for a cuppa.**

**Where do you feel it?**

**What do you notice about it?**

**Experience it.**

Who would you be if you didn't do this thing  
or said no to a request?

Valuable and worthy exactly as you are.  
You are a human being, not a human doing.



**Who do you need to become in order to say  
no and stop doing so much?**

**What does this version of you say when  
requests are made?**

**What about communicating that you'll no longer be available to do something?**

**Now without explaining, defending, or apologising!**

# Urges

You will feel the urge to say yes.

You will feel the urge to help.

You will feel the urge to do what you've always done.

You will feel the urge to forget everything I've told  
you and make your life easy.

You can ride out that urge!

**What consequences might you need to be willing to experience or let others experience?**

What thoughts might you have about yourself  
as you do this?

*I'm a bad parent*

*I'm irresponsible*

*I'm awful*

How can you respond to these thoughts in a  
kind and helpful way?

*Of course you're thinking that!*

*This is an opportunity*

*I'm unwinding patriarchy*

*It's ok to think that, we're not gonna believe it though*



# Rewarding Your Brain

Every time you sit with an urge or you process an emotion, give your brain a dopamine hit.

This is how you'll rewire these patterns and change everything!