

# Stop "Shoulding Yourself"

## Action Plan!



@TAYLORWALKERFIT X  
@HALOTOPCREAMERY

Let's Turn I SHOULD into I WANT & I WILL

### STEP 1

#### IDENTIFY AREAS WHERE YOU "SHOULD" YOURSELF

- TWF Example:  
**Motherhood**
- Think areas you would like to STOP "Shoulding" & release your guilt!

### STEP 2

#### TAKE ACTION

- **Set Goals:**
  - **Example:** Instead of I SHOULD spend more screen free time with my child(ren).
  - **Replace With:** I WILL or I WANT to spend more screen free time with my child(ren).
- **Set Your Boundaries:**
  - **Example:** Leave phone on the charger & walk away from 5-7 PM 3x/week.

### STEP 3

#### SHARE YOUR VICTORIES

- Sing your praises!
- No, you are not trying to be perfect, BUT, when you set boundaries and adhere to them consistently...CHANGE HAPPENS!
- Remember, progress over perfection!

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IT'S YOUR TURN

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### STEP 1

**IDENTIFY THE  
AREAS WHERE  
YOU "SHOULD"  
YOURSELF**

### STEP 2

**TAKE ACTION**

- Set Goals & Boundaries
  - Replace should with I WILL or I WANT

### STEP 3

**SHARE YOUR  
VICTORIES**

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**STEP 1**

**STEP 2**

**STEP 3**

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**STEP 1**

**STEP 2**

**STEP 3**