



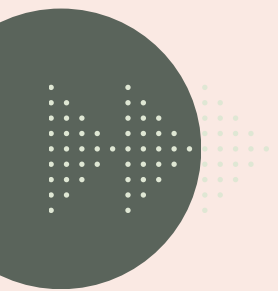
Are you constantly trying to please everyone?

**STOP**

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The People Pleasing

*It's hurting you*



TaMi Coaching

# THAMARA ANGEL-ERDELYI



Hi my name is Thamara Angel-Erdelyi and I'm a productivity and purpose coach.

I am the owner of TaMi Coaching since 2020. I'm a 'recovering' people pleaser and I want to share with you my journey.

In this checklist you will have an idea of some of the signs of some of the people pleasing habits.

Jump right on to the next page to discover more.

# “PEOPLE PLEASING HABITS”

## Checklist

**Do you have 7 or more of these common signs?  
Then you might be a people pleaser.**

- |                          |   |                          |  |
|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | 1. You can not say 'NO'                                     | <input type="checkbox"/> | 8. You have low-self esteem                            |
| <input type="checkbox"/> | 2. You feel anxious about other's people opinion about you. | <input type="checkbox"/> | 9. You conceal your own feelings to avoid conflict.    |
| <input type="checkbox"/> | 3. You never have "you" time                                | <input type="checkbox"/> | 10. You always agree in order to be liked.             |
| <input type="checkbox"/> | 4. You feel guilty setting boundaries.                      | <input type="checkbox"/> | 11. You fear being labeled "selfish".                  |
| <input type="checkbox"/> | 5. You over-apologize                                       | <input type="checkbox"/> | 12. Your personality changes based on who you're with. |
| <input type="checkbox"/> | 6. You need constant approval                               | <input type="checkbox"/> | 13. You overcommit to activities or responsibilities.  |
| <input type="checkbox"/> | 7. You feel pressured to be nice all the time.              | <input type="checkbox"/> | 14. People constant take advantage of you.             |



I had almost all of the symptoms above, and it was hurting my well-being.

Come and learn in the online workshop about:

- My story of people pleasing, that you can probably relate to.
- What is people pleasing?
- What causes People Pleasing
- What are the consequences and the dangers of people pleasing and how it's affecting your health, and your mental wellbeing.
- How to stop the people pleasing.

It's possible to unlearn these habits. I did! So can you!

JOIN MY ONLINE WORKSHOP



# STOP THE PEOPLE PLEASING NOW! IT'S HURTING YOU!

It's time to prioritize your own happiness  
and well-being.  
Remember, you can't pour from an empty cup.

[SIGN UP](#)

**TaMi Coaching**

# Thank-you!

I'm so excited to continue working with you!  
See you in the Online workshop!

*Thamara Angel-Erdelyi*



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