

NEW YEAR, REAL YOU
STANDUP COACHING-STRAIGHT TALK WITH COACH DEBRA

January 2026 Mini-Workshop



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Welcome to another Mini-Workshop, where we focus on what it means to be the REAL YOU and why we struggle to identify our needs, thinking it's selfish.

I'm reminded of a procedure that all airlines incorporate into their pre-flight instructions. Where the flight attendant(s) instruct each passenger if, for some unseen reason, the aircraft experiences a need to drop those cute round cups they say are floating with air (even if it doesn't feel like it). Their instructions to each passenger are to place the cut cup with the pull strings on yourself first before you attempt to help anyone else.

At times, they make fun of these instructions and joke around, and yes, I laugh. But in reality, if you don't attend to yourself first, chances are you will not be able to help others. Do you see what I see here? We may laugh, BUT the thing is, this is how many of us live our lives. Assisting others first, totally disregarding the warning to first help ourselves.

Have you ever noticed that after a while, you're worn out, angry, frustrated, maybe even resentful, thinking, "When will this ever end?" Some of us decide to quit suddenly, done with pleasing everyone else. We start wondering whether anyone sees me, hears my cry for help?

If that is you, just know there is an answer.

The truth is, this is called People-Pleasing. We will often avoid upsetting someone by agreeing when we want to say no, you be responsible, I'm booked. When we lose our voice to speak our truth, we end up exhausted.

BUT today is the day you're coming clean and facing the harsh reality. It's time to be the REAL YOU and stop pretending. People-pleasing costs you: Your voice. Your authenticity. Your purpose and YOU future.

Today, you're coming clean! Not to blow up your life, but to stop pretending, stop hiding, and realize your value. To start showing up as the REAL YOU, honest, clear, and unapologetic about who you are and what you stand for.

On the next page, I'm going to introduce you to a set of questions that will reveal some of the patterns you've allowed.

OK, are you ready? Here we go.....

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I call this: The People-Pleasing Audit

Before we look at your “shoulds” and “wants,” let’s get honest about where you’ve been hiding.

Complete these questions honestly:

1. Who am I most afraid of disappointing and why?
2. What do I pretend to agree with to keep the peace, and why?
3. What have I been too afraid to confront someone about, and why?
4. What *version* of myself am I performing? (the nice one, the together one, the spiritual one, or the smart one?) And why?
5. Where have I chosen silence over honesty to avoid being misunderstood, and why?
6. If I could stop people-pleasing today, what would I start saying or doing differently and why?

Truth Moment: Be sure not to rush through these questions. Take time to process each question and your heartfelt gut response.

Now, look at what you wrote down. This is where your REAL YOU and your voice have been suffocating. This is what it’s been costing you to keep everyone else comfortable while you don’t put on your own oxygen mask to help you breathe. The question: has it been worth it, or have you decided today that you are worth being heard, loved, respected, honored, and valued?

You and you alone are responsible for your choices. I hope you chose to treat yourself well and take the needed steps that bring you freedom.

Below are questions designed to surface both the internal feelings, voices, and external relationships that keep you trapped in a performance mode rather than living authentically.

What is the definition of living authentically?

- The term ‘authentic’ is used either in the strong sense of being “of undisputed origin or authorship’, or in a weaker sense of being “faithful to an original” or a “reliable, accurate representation”. Having a genuine commitment to principles over mere appearance.
- Living authentically means you live by a standard or core values that are unshakable or unmovable. But how many of us give in to others or circumstances because we are afraid to speak our truth? Whose label are we promoting?

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New Year, Real You – Reflection Worksheet

Discover the Real You, free from others' expectations:

1. When you imagine pursuing something you truly want—without anyone else's approval or opinion—what immediately comes to mind, and what fear or voice tries to silence it?

2. What dreams or desires have you dismissed as "selfish" or "unrealistic," and whose judgment are you actually hearing when you label them that way?

Identify whose voice you've been listening to and why:

1. Whose approval have you been seeking most desperately in your life decisions, and what do you believe will happen if you stop performing for them?

2. When you think about disappointing someone in your life, whose face appears first—and what power did you give them to define your worth?

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Establish Healthy Sustainable Boundaries

1. What request or demand are you currently saying "yes" to that makes you feel resentful, exhausted, or diminished—and what would honoring yourself actually require you to say or do?

2. Who in your life consistently violates your boundaries, makes you question your reality, or leaves you feeling smaller after interactions—and what is staying in that relationship actually costing your authentic self?

Build your foundation based on the Real You

1. If you built your life entirely around your God-given purpose and values—with no regard for others' opinions—what would you start doing, stop doing, and do differently?

2. What relationship or situation consistently pulls you away from your authentic self and core values, and what would walking in freedom from that actually look like?
