



YOUR PERMISSION SLIP

A Guide for People Pleasers
Ready to Stop Burning Out
and Start Lighting Up



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People Pleaser?

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The Breaking Point

I was stuck in a cycle of overgiving and overworking.

As a massage therapist in my 20s, my business had grown rapidly. **On paper, it looked like success.** I was fully booked, one of the most popular therapists in town.

But behind the scenes, I was falling apart.

Every day felt like a slow unravelling.

My body was screaming—lower back pain, sciatica, migraines, IBS, constant colds. I was exhausted, depressed, and losing the passion I once had for my work.

I felt like a fraud: here I was selling health and healing, yet I was the one most desperately in need of it.

The hardest part? I felt trapped. I was the main breadwinner, so I didn't feel like I could tap the brakes.

I was doing work that lit me up, I had amazing clients I loved, but my body couldn't keep up.

I ignored the warning signs until I couldn't anymore.

My breaking point came during a holiday. I consulted with some Naturopaths who gently told me my adrenals were shot.

On the drive home, I started sobbing uncontrollably.

I couldn't face going back to my real life.

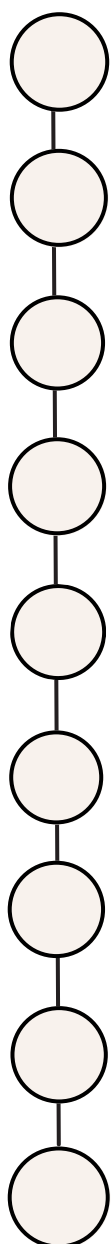
We turned off the highway and checked into a little seaside B&B for a couple of extra nights, but it wasn't enough.

I knew I couldn't keep living like this.



Are You A Burnt-Out People Pleaser?

CHECK ALL THAT APPLY



I have trouble saying no, even when I'm exhausted

I feel guilty when I rest or take time for myself

I define my worth by how much I do for others

I often feel like I'm running on empty

I keep going even when my body is breaking down

I secretly wish others would notice how much I do

I don't know what I'd do if I slowed down

My deepest fear is loneliness

I think people will stop liking me if I stop being "the reliable one"

If you checked 3 or more, this guide is for you.





From Burnout To Balance

Fortunately, my story didn't end in burnout.

It sparked my healing journey.

I took my foot off the pedal. I moved back in with my parents for a while to ease the financial pressure. I accepted a half-day PA job and cut back on massage sessions.

I focused on self-care. I learned to meditate. I started receiving support instead of only giving it. I booked massages, saw a kinesiologist, chiropractor, physiotherapist, homeopath, tried the Alexander technique, and even got Rolfed.

I changed my diet. Gave up caffeine, did cleanses, and found nutritional supplements that helped my body heal.

I reconnected with my childhood dreams.

And somewhere along the way, I found something else...

A new path. A new purpose. A new way to live.

This led me to a completely new career in the wellness world.

Still full of passion and purpose, but this time, with support.

With balance. With joy.

Looking back, there are a few things I wish someone had told me.



What I Wish I Knew Then

*Sometimes you have to give up what you love
to find out what you love more*

Here are the 3 mindset shifts that changed everything for me



Rest is not lazy—it's leadership.

Burnout doesn't mean you're weak. It's your body's way of calling you back to wisdom.



You matter too.

The most loving thing you can do for your family, your clients, your world, is to love and care for yourself.



Letting go isn't failure, it's freedom.

Leaving what once lit you up but now hurts you can lead you to what lights you up even more.



Your Permission Slip

GIVE YOURSELF 10 MINUTES TO REFLECT

Where am I giving more than I have to give?

What would change if I believed I mattered just as much as everyone else?



Your Permission Slip

CONTINUED

What parts of me have I silenced to keep others comfortable?

What do I *really* want to say yes to?



Your Permission Slip

CONTINUED

What lights ME up?

WRITE YOUR OWN PERMISSION SLIP.

I give myself permission to...



MEDITATION

Meditation is a powerful tool to help calm the mind and reduce stress. Just 10 minutes a day can make a big difference in how you feel. It can help you stay focused, feel more centered, and improve your sense of well-being.

GRATITUDE

Keep a gratitude journal and write down three things you're thankful for each day. It's a simple practice that can help shift your mindset to a more positive one and boost your mood.

MOVEMENT

Take a few moments to stretch and move your body. Stand up, roll your shoulders back, and stretch your arms overhead. It's a quick and easy way to release any tension in your body.

UNPLUG

Take a break from your phone and computer screens. Set a timer for 10 minutes and do something that doesn't involve technology, like reading a book or doing a crossword puzzle.

ASK FOR HELP

One of the best things you can do for your self-care is to learn to identify when you've got too much on your plate and it's time to call for backup. Ask your partner. Call a friend. Or [book a chat with me](#).





Hi There Beautiful Soul

I see you, giving, giving, and giving. And now it's your turn to receive.

It's time you treated yourself to some much-needed self-care, tending to your physical, emotional, and mental health. I know you know you need this.

When life gets busy, we usually put ourselves at the bottom of the priority list. But neglecting self-care can lead to some serious health problems, both physical and mental.

That's why it's so important to make time for yourself, no matter how busy you are. Whether it's taking a few minutes to meditate, go for a walk, or connect with a good friend, self-care is a powerful way to reduce stress and improve your overall well-being.

It's time to make yourself a priority. Try adding some self-care practices to your daily routine. Don't be afraid to start small. Once you start filling your cup, you'll find you can't stop.

Here's to doing what lights YOU up.

Lauren Kinghorn

