

Practice Corner Workbook

7 Days to Live as More Than Just the “Good One”

A guided, print-friendly journal to gently unlearn over-giving, soften guilt and remember that your needs matter just as much as everyone else's.

This workbook is designed to hold your honest answers, your messy feelings and your real-life experiments. There are no grades here. Only curiosity, compassion and small brave steps toward a life that includes you.

Created for you by  
CareAndSelfLove.com

## How to Use This Workbook

For the next seven days, you are invited into a series of small, doable experiments. You do not need to be perfect. You only need to be willing.

You can work through one day at a time or linger longer with any exercise that feels important. If you miss a day, you have not failed. You simply pick up where you left off.

Bring a pen you enjoy writing with.  
Bring your honesty, even if it feels uncomfortable.  
Bring the part of you that quietly knows:  
“I cannot keep living only as the good one.”

At the top of each day you will find a reminder of the theme, a short intention and plenty of space for your own reflections.

Throughout this week, keep returning to one simple sentence:

“My needs matter as much as everyone else’s.”

Let this be the background music of your seven days.  
Let it soften your shoulders as you write.  
Let it be the permission slip you never received.

Day 1 Seeing the Script

Theme

Today is about noticing, not fixing. You are simply watching how the “good one” script moves through your day.

Intention for the day

“I am willing to see my automatic patterns with honesty and gentleness.”

Morning check in

Right now I feel:

.....

My body feels:

.....

Moments when I felt pulled to be “the good one” today

Time / situation

.....

What I did or offered

.....

What I felt in my body

.....

Another moment

Time / situation

.....

What I did or offered

.....

What I felt in my body

.....

If more memories appear, keep writing

.....

.....

.....

Evening reflection

What surprised me about my automatic reactions today?

.....

.....

.....

If my body could speak in one sentence about today,  
it would say:

.....

Day 2 Pausing Before “Yes”

Theme

Today you place a small pause between every request and your answer, so your body has time to vote before your mouth commits.

Intention for the day

“I am allowed to take a breath before I respond.”

Morning check in

Right now I feel:

.....

My body feels:

.....

Practice reminder

When someone asks you for time, help or emotional space, you gently breathe, feel your feet on the floor and ask:

“Do I truly have the energy for this right now?”

Moments when I practised the pause

Request I received

.....

What my first impulse wanted to say

.....

What I actually said

.....

How my body felt after

.....

Another moment

Request I received

.....

What my first impulse wanted to say

.....

What I actually said

.....

How my body felt after

.....

Evening reflection

Where did the pause feel helpful?

.....

Where did it feel uncomfortable or scary?

.....

What did I learn about my true capacity today?

.....

Day 3 Nothing Extra Day

Theme

You keep your genuine responsibilities but gently put down all the extras you usually add to prove you are good.

Intention for the day

“I can do enough without doing everything.”

Morning check in

Today my energy level feels like:

low medium high (circle one)

If I am honest, I wish today could feel like:

.....

Planned responsibilities for today

Work and practical tasks I truly must do

.....

.....

Extra things I often add on top

.....

.....

Midday reflection

So far today, where have I done “just enough” instead of extra?

.....

How does my body respond to that choice?

.....

Evening exercise two columns of truth

Column one What I actually did today

.....

.....

.....

Column two What my guilt says I should have done

.....

.....

.....

Looking at the two columns, what do I notice about how hard I am on myself?

.....

Day 4 Meeting the Younger You Who Learned to Be Good

Theme

Today you meet the younger parts of you who believed they had to be good to be safe, loved or accepted.

Intention for the day

“I am willing to listen to the younger me with tenderness.”

Quiet reflection

Find a moment of stillness. Picture a younger version of you who tried very hard to be good, helpful or easy.

How old am I in this memory?

.....

Where am I?

.....

What is happening around me?

.....

Questions for my younger self

“What did you think you had to do to be loved or safe?”

.....

.....

“What were you most afraid would happen if you stopped being good?”

.....

.....

“What did you secretly need that you rarely received?”

.....

.....

Message to my younger self

“Thank you for... ”

.....

.....

“Now that I am older, I want you to know... ”

.....

.....

Day 5 Practising One Micro Boundary

Theme

Today you choose one small boundary in real life that reminds your mind and body you are allowed to have limits.

Intention for the day

“I am allowed to protect my time, energy and heart.”

Planning my micro boundary

The situation where I usually override myself

.....

What I normally do in that situation

.....

What I want to try instead today

.....

How I want to say it

(write the sentence you will use)

.....

.....

After the moment

What actually happened

.....

How my body felt during

.....

How my body felt after

.....

What I am proud of

.....

What still feels hard

.....

Day 6 A Non Negotiable Date with Myself

Theme

Today you show up for yourself the way you routinely show up for others, by keeping a date that exists only for you.

Intention for the day

“I am someone worth planning around.”

Designing my date with myself

When will it happen?

Day and time

.....

Where will I go or stay?

.....

What will I do that feels nourishing rather than productive?

.....

.....

During my date

I noticed with my senses

(sights, sounds, textures, smells, tastes)

.....

.....

Emotions that came up

.....

.....

What the guilty voice said

.....

What my compassionate voice answered

.....

Afterward

One sentence that describes how I felt after keeping this promise to myself

.....

Day 7 Writing a New Agreement with Myself

Theme

Today you gather what you have learned and turn it into a living agreement that honours both your caring heart and your limits.

Intention for the day

“I am more than the good one. I am a whole human being.”

Looking back on the week

Moments when I felt most like myself

.....  
.....

Patterns I saw in my automatic yes

.....  
.....

Experiments that felt secretly good

.....  
.....

My new agreement

Title

“I Am More Than the Good One”

Qualities in my good one self that I appreciate and want to keep

.....  
.....

Things I am no longer willing to sacrifice

.....  
.....

Two or three practices I want to continue beyond this week

.....  
.....

Signature

I sign below as a promise to keep returning to myself, even when it feels unfamiliar.

Name

.....

Date

.....

## A Note for the Future You

There will be days when you slip back into old habits,  
say yes too quickly or forget that your needs matter.

Nothing about that makes you a failure.  
It simply means you are human and your nervous system  
is practising something new.

You can return to any page of this workbook whenever  
you feel yourself shrinking back into the role of  
“only the good one.”

You are allowed to take up space.  
You are allowed to rest.  
You are allowed to be loved for who you are,  
not just for what you do.

With warmth and solidarity,  
CareAndSelfLove.com