When Everyone Needs Something From You

A client needs an answer. Someone at home has a question. You're halfway through one thing when another request comes in.

You're tired of being the person who has to work out what happens next.

Before you take on the next thing, give yourself a moment to ask:

> Does this need me, and does it need me now?

Some things do. Some can wait. Some need someone else to take responsibility without you managing every step.

You don't need a perfect explanation. Try the words that fit:

When it can wait:

"I'll look at this tomorrow. I'm finished for today."

When you need a moment before agreeing:

"Let me check what I can realistically take on before I say yes."

When you need someone to own the task:

"Could you handle this from start to finish, including deciding what needs to happen?"

When you're at capacity:

"I can't take that on today. We'll need another plan."

Choose one sentence for one situation. You don't have to change every expectation tonight.

If it feels uncomfortable, you can pause before adding an apology or offering to do it yourself.

> Your time and energy belong in the decision too.

Sometimes you know what you want to say, but the guilt, worry or expectations make it difficult to follow through.

I can help you work through what keeps landing on you, what makes it hard to say no or ask for help, and how you'd like things to work differently.

You deserve time and energy to enjoy the life you've worked so hard to build, with support for making that possible.

Explore coaching with Leah

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