The FIGHTher™ Self-Check

7 Signs You've Been Fighting for Everyone Except Yourself

A 10-minute reflection to help you reconnect with yourself.

Welcome

This guide is about awareness, not judgment. Many women spend years fighting for everyone else while neglecting themselves. These reflections are an invitation to pause and honestly assess where you are today.

1. You Feel Responsible for Everyone's Happiness

• Do I feel guilty saying no?

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• Do I put everyone else's needs before my own?

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• When did I last choose myself without apologizing?

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2. You Feel Guilty When You Rest

• What would change if I believed I was worthy even when I wasn't producing?

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3. You Keep Shrinking to Keep the Peace

• What truth have I been afraid to say out loud?

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4. You're Surviving Instead of Living

• When was the last time I experienced real joy?

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5. You Don't Recognize Yourself Anymore

• Who was I before I started abandoning myself?

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6. You've Confused Strength with Carrying Everything Alone

• Where do I need support today?

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7. You're Waiting for Permission to Choose Yourself

• What decision can I make today that honors the woman I'm becoming?

The FIGHTher™ Promise

Today I choose healing. Today I choose peace. Today I choose courage. Today I stop abandoning myself.

Today, I become a FIGHTher™.

Next Step

If this reflection resonated with you, schedule your FIGHTher™ Strategy Session to create a personalized roadmap for your next chapter.