

# Sarah Stuck-in-the-Shoulds

*"I should be grateful... but I'm barely holding it together"*



## WHAT SHE'S THINKING/FEELING

- Feels overwhelmed by pressure to "do it all"
- Says yes to everyone else and no to herself
- Carries invisible guilt, stress, and exhaustion

## WHAT SHE REALLY WANTS

- Time to think
- Clarity about what she wants
- Permission to stop over-functioning

## HOW COACHING CAN HELP

- Helps her untangle the "shoulds" from her truth
- Creates space to hear her own voice
- Rebuilds clarity and confidence on her terms