



YOU'RE ALREADY ENOUGH

**The high-achievers guide to self-worth
without the burnout**

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DR BEX

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Welcome, my friend. It's wonderful to have you here.
I'm Bex—a mum, mindset and behaviour change coach,
speaker, and author.

This isn't just what I do—it's personal.
I've lived the hustle-for-worth life. I know what it's like to look
confident on the outside while quietly drowning in
overthinking, self-doubt, and the relentless pressure to prove
yourself. I've hit burnout more than once, thinking if I could just
do more or be better, I'd finally feel enough (spoiler alert: it
doesn't work that way!)

Through my background in psychology, coaching, and working
with hundreds of high-achieving people, I've learned how to
shift those patterns—not by becoming someone new, but by
unlearning the noise and coming back to the powerful, worthy,
already-enough version of you that's been there all along.

This guide is a love letter to the tired overachiever in you—the
part that wants to rest, feel confident without the hustle, and
show up as your full damn self.

You're not broken. You're just done with all this proving.
Let's rewrite the rules together.

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NAME THE PATTERN

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1. NAME THE PATTERN

We can't shift what we can't see. So, let's get curious (not judgmental) about where this overachiever pattern came from. Growing up, maybe you got gold stars, praise, or love when you performed well. Maybe success meant safety. So now, even as an adult, your brain's still wired to hustle for approval.

But let's be clear: this isn't a personal flaw. It's a survival strategy you picked up young. It just might not be serving you anymore. Naming this pattern when it shows up is the first step to shifting it.

REFLECT: Think of something big you achieved recently.

Were you driven by passion? Or driven by fear of not being enough?

What would it have meant about you if it didn't go perfectly?

When did you first learn that achievement = worth?

DO:

When you notice this pattern showing up, pause and take a deep breath. It's normal to feel a bit frazzled.

Coach yourself through the frazzle: *"Ahhh, there's my inner achiever again, trying to earn love with hustle. This old pattern doesn't need to dictate my choices or actions anymore. Right now, I choose to believe I'm deserving of care and approval regardless of how much I achieve today."*



2

SEPARATE YOUR
WORTH FROM YOUR
WORK

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2. SEPARATE YOUR WORTH FROM YOUR WORK

Somewhere along the way, we learn the belief, *"If I'm not achieving, I'm not valuable."*



That belief can run your life—until you pause to question it.

Now is the time to question it. Because the truth is, you're not just what you do. You're who you *are*. Even when you're still. Even when you mess up. Even when you're doing absolutely nothing but *being*. It takes practice, but it's absolutely possible to start separating your worth from your work.

REFLECT:

- Name 3 qualities you value about yourself that have nothing to do with success.
- Ask someone who loves you: What do you value in me that has nothing to do with the work I do, or things I've achieved?

DO:

Let's retrain your brain to value the *being*, not just the doing. Set a daily calendar reminder in your phone that prompts you to write 3 things you're grateful for about yourself each day. **No achievements allowed!**

"I'm thankful for how I listened to a friend without needing to fix anything for them today."

"I appreciate my creativity, even when I don't use it for anything achievement-related."

"I'm grateful for my curiosity and how it makes life richer."

3

MANAGE THE INNER CRITIC

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3. MANAGE THE INNER CRITIC

We all have an Inner Critic — that voice in our head that pipes up when we make a mistake, fall short, or feel uncertain. It might sound like:

“You’re not good enough for this.”

“You’ll mess this up.”

“You should be doing more.”

That voice often shows up in high-stakes or high-pressure moments, and it can feel like it's telling the absolute truth. But here's the key: **just because a thought feels true doesn't mean it is true.** And even if there's a grain of truth in it, that doesn't mean it's helpful or needs to be followed.

DO:

When your Inner Critic blasts you, try these strategies:



Reality-check the thought. Ask yourself:

“Is this 100% true, or is this a fear-based story?”

“What evidence supports this? What evidence contradicts it?”

“Would I say this to a friend in the same situation?”



Reframe & embrace a more helpful perspective:

“You’re not doing enough” → “I’m doing what matters most right now”

“You messed that up” → “I made a mistake. It’s uncomfortable but I will learn from it. I can’t grow without these lessons”

“They’ll think I’m useless” → “It’s OK to not be perfect. I give myself to be on a learning trajectory just like everyone else is”

4

REDEFINE SUCCESS

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4. REDEFINE SUCCESS

You've been everything for everyone—holding it all together, showing up, ticking boxes. From the outside, it might even look like you've "made it."

But inside? You're tired. And not just physically. You're soul-tired. You might be asking yourself:

"There has to be more to life than this... right?"

"But do I even deserve more?"

"Maybe I should just be grateful for what I have and stop wanting more..."



Here's the truth: You can feel grateful for what you have and still want something different. Something deeper. More you.

REFLECT:

- What "shoulds" are ruling your life right now? These are rules that come from a place of fear, people-pleasing, or proving. Over time, they drown out your actual wants and needs—until you don't even know what you want anymore (e.g., *"I should be working harder," "I should be happy with this"*)
- If no-one was watching, what would you want more of?

DO:

Ask yourself:

"What do I need right now?"

"What would success look like for just the next hour?"

Sometimes success is sending the email. Sometimes it's putting your phone down and playing with your child. Sometimes it's letting the dishes wait until the morning so you can go to bed earlier.

Let yourself want what you want. Even if it's different to what others want. Even if it's messy. Success isn't about how it looks to others—it's about how it feels to you.

5

PRACTICE LETTING GO

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5. PRACTICE LETTING GO

Let's be real. For many of us, letting go of perfectionistic standards and people-pleasing behaviours feels terrifying.

Because holding it all together has been your armour. Your identity.

You're the reliable one. The high-achiever. The fixer. The one who doesn't drop the ball. But what if that constant pressure to get it right is the very thing keeping you stuck? This strategy is about starting to experiment with gentleness. With curiosity.

Not in giant life-changing leaps, but in tiny, everyday acts of courage. Because big change feels risky to your nervous system.

But small experiments? They feel more doable. They whisper: *"You're allowed to try a different way, just for today."*

Think of these experiments as low-stakes rebellions against perfectionism. Little moments where you test the idea: *"What if I don't hold it all so tightly?"*



5. PRACTICE LETTING GO

Try one of these this week:



Set a boundary.

Say “No, I can’t take that on this week.”

Say “I need a moment to think before I answer.”

Say “That doesn’t work for me.”

Let the discomfort rise—and notice that you survive it.



Do something imperfectly on purpose.

Send an email without obsessing over every word.

Let the dishes wait.

Let your child have a wonky ponytail!

Let someone else do it, even if they don’t do it “your way.”

Notice what happens. Notice what doesn’t (read: notice that the world doesn’t end, even when it feels like it will if it’s not done right!).



Rest & release the no productivity guilt.

Lay on the couch. Stare out the window. Watch trashy TV.

Let the “*I should be doing something*” thoughts come without obeying them.

REMEMBER: Your worth isn’t measured by your output.



CELEBRATING YOU!

You've already taken a big step just by acknowledging the need for change. Remember, the journey from proving yourself to truly being yourself doesn't happen overnight—it's a process of small, courageous shifts. You've got the power to reframe your relationship with success and embrace a way of thriving that doesn't burn you out. The reflections and strategies in this guide are just the beginning.

If you're ready to dive deeper into your journey of overcoming insecurity and stepping into a more authentic, confident version of yourself, I'm here to help. Let's work together to turn these insights into lasting transformation.

Come and hangout on my website to see how we can work together. Or email me about 1:1 coaching at **rebecca@remixcoaching.com**. Life's far too short to hold back or exhaust yourself to feel worthy, my friend. Let's make this next chapter one where you show up fully, unapologetically, and in alignment with your true worth.

♥ Dr Bex

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