



FOR THE APPROVAL-TIRED ACHIEVER

# Your 7-Day NeuroFlow™ Reset Workbook

**Your care is real.**

**This reset helps you include yourself in that care.**

A simple 7-day printable workbook for your quiz result.



Know your pattern. Drop the shame. Build your brilliance.

 START GENTLY

# Before You Begin

**This workbook is not a diagnosis, therapy, or medical treatment.**

It is a self-reflection and nervous-system support tool.

- ✓ Use it gently.
- ✓ Go slowly.
- ✓ You do not have to do it perfectly.

## The goal is not to fix yourself.

The goal is to understand your operating pattern and support it better.

## How to use this workbook

- ✓ Use one gentle practice for 7 days.
- ✓ Write, draw, map, or make notes in your own style.
- ✓ If it feels too much, pause and return later.
- ✓ Repetition matters more than intensity.



# The Approval-Tired Achiever: what this means

You may adjust, give, say yes, avoid conflict, and manage others' feelings. This can leave you tired, invisible, or far from yourself.

- ✓ You may say yes before checking your capacity.
- ✓ You may feel guilty when choosing yourself.
- ✓ You may fear that honesty will lead to rejection or conflict.

## **The problem begins when connection requires self-abandonment.**

Then care turns into overextension. Agreement hides truth. Guilt starts deciding before your real capacity is even heard.

### **Most people miss this:**

**Most people miss this: the issue is not that you care too much. It is that your needs may leave the room when others enter.**

SELF-AWARENESS WITHOUT JUDGEMENT

# Your Pattern Intensity

Choose the one that feels closest. This is a mirror, not a label.

## Starting to Cost You

- ☐ This pattern is showing up in small but noticeable ways.

## Shaping Your Daily Life

- ☐ This pattern is regularly affecting your energy, focus, emotions, choices, or relationships.

## Holding You Back Repeatedly

- ☐ This pattern is strongly active and may be keeping you stuck in repeated cycles, even when you want to move forward.

**This is not about urgency through fear.  
It is about honest support before the pattern costs you more.**

 7-DAY PRACTICE

# The Pause Before Yes Practice



For the next 7 days, practise this once a day. You only need one pause.

**Practise saying:**

**Let me check and get back to you.**

**Before saying yes, ask: Do I have capacity for this?**

- ✓ Do not force yourself into a harsh no.
- ✓ Do not shame yourself for caring.
- ✓ Do not explain more than needed.
- ✓ Do not treat guilt as proof that you are wrong.

**End with this sentence:**

**A pause is not rejection. It is self-contact.**

 WHY IT HELPS

# This supports your pattern.

If you learned to stay connected by being agreeable, pausing can feel uncomfortable at first.

The pause gives your needs time to enter the conversation.

Guilt may appear when an old pattern begins to change.

This practice does not make you uncaring. It makes your care more honest.

Connection should not require disappearance.

**You can care without abandoning yourself.**

 THE PAUSE BEFORE YES PRACTICE

# Day 1

**Today, I paused before saying yes to:**

*Draw, write, map, or make notes in your own style.*

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**What I noticed in my body or emotions during the pause:**

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**One sentence I want to remember:**

**A pause is not rejection. It is self-contact.**

THE PAUSE BEFORE YES PRACTICE

# Day 2

**Today, I paused before saying yes to:**

*Draw, write, map, or make notes in your own style.*

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**What I noticed in my body or emotions during the pause:**

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**One sentence I want to remember:**

**A pause is not rejection. It is self-contact.**



THE PAUSE BEFORE YES PRACTICE

# Day 3

**Today, I paused before saying yes to:**

*Draw, write, map, or make notes in your own style.*

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**What I noticed in my body or emotions during the pause:**

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**One sentence I want to remember:**

**A pause is not rejection. It is self-contact.**

 THE PAUSE BEFORE YES PRACTICE

# Day 4

**Today, I paused before saying yes to:**

*Draw, write, map, or make notes in your own style.*

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**What I noticed in my body or emotions during the pause:**

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**One sentence I want to remember:**

**A pause is not rejection. It is self-contact.**

THE PAUSE BEFORE YES PRACTICE

# Day 5

**Today, I paused before saying yes to:**

*Draw, write, map, or make notes in your own style.*

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**What I noticed in my body or emotions during the pause:**

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**One sentence I want to remember:**

**A pause is not rejection. It is self-contact.**

# Day 6

**A pause is not rejection. It is self-contact.**

THE PAUSE BEFORE YES PRACTICE

# Day 7

**Today, I paused before saying yes to:**

*Draw, write, map, or make notes in your own style.*

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**What I noticed in my body or emotions during the pause:**

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**One sentence I want to remember:**

**A pause is not rejection. It is self-contact.**

 INTEGRATION

# After 7 Days

Take a moment and notice. You do not need a dramatic breakthrough. Look for small shifts.

## What changed slightly?

- ☐ I paused before agreeing
- ☐ I noticed my real capacity
- ☐ I felt guilt without obeying it immediately
- ☐ I explained less than usual
- ☐ I allowed myself to have a preference
- ☐ I cared without disappearing
- ☐ Something else: \_\_\_\_\_

## What This May Be Teaching You

**Approval-Tired Achiever is not wrong. It may simply need:**

- ☒ pause before yes
- ☒ small safe boundaries
- ☒ permission to have preferences
- ☒ guilt without self-attack
- ☒ support that includes your needs

## NEXT STEP

# Continue with support, not self-force.

If this 7-day reset helped you understand yourself even a little better, your next step is not to force yourself harder.

**Your next step is to continue with support.**

JOIN THE COMMUNITY

## NeuroFlow™ Reset

A space for stuck achievers with misunderstood, intense, sensitive, high-capacity minds who want to bridge the gap between wanting and doing.

[Join the community of NeuroFlow™ Reset](#)



### Visit neuroflowinstitute.com

Follow NeuroFlow™ on Instagram, LinkedIn and YouTube for practical notes, reset reminders and community updates.

 YOUR GUIDE

# Meet Dr. Swati Nambiar



Dr. Swati Nambiar is the founder of NeuroFlow™ Institute. Her work brings together neuroscience, psychology, trauma-informed leadership, shadow-work and behaviour-change practice to help capable people understand why they stay stuck and what actually helps them move forward.

**She supports intelligent, sensitive and intense high-achievers to know their patterns, drop shame, and practise new responses until insight becomes lived change.**

## Qualifications and experience

- ✓ PhD in Neuroscience
- ✓ MA in Clinical Psychology
- ✓ MSc Gold Medalist in Human Genetics
- ✓ IPHM-accredited Shadow Work Practitioner and Facilitator
- ✓ TEDx speaker and published researcher
- ✓ Certified EFT practitioner and trauma-informed leadership coach
- ✓ Worked directly with 3,000+ high-achievers

### Continue with NeuroFlow™ Reset

Join the Reset community. Follow on Instagram, LinkedIn and YouTube.

[neuroflowinstitute.com](https://neuroflowinstitute.com)