



Not Guilty.

A 10-minute reset for women who are done letting guilt make the decisions

A QUIET THE HIVE WORKBOOK



Welcome!

If you've ever felt guilty for resting, saying no, wanting more, or actually adding yourself to your own to-do list, then this is for you.

You aren't selfish. You aren't ungrateful. You're thoughtful, capable and generous. You've simply spent years putting everyone else first.

Now you've started to notice that somewhere along the way, guilt started running the show. Not because you've done anything wrong, but because you've spent years being the person everyone can rely on. Organiser. Peacekeeper. Fixer.

This short reset will help you notice where guilt is shaping your choices, and what to do when it shows up.

I'm here for you.

With love,

Jane x

P.S. Use this when:

- You need a way to step off the hamster wheel of guilt, and back into yourself
- You think that guilt might be in the driving seat when it comes to a decision you need to make
- You notice the guilt you're feeling for putting yourself first (or even just thinking about it!)





Where guilt sneaks in...



Where does guilt show up in your life? Which sound most like you?

- Saying yes when you want to say no
- Spending money on yourself
- Taking time for yourself
- Wanting something different from your life
- Resting when there's still things to do
- Disappointing people or 'letting them down'
- Setting boundaries
- Being visible or speaking up



Most women assume guilt means you're doing something wrong. In reality, it often appears when you start doing something different.

The hidden cost of guilt



In the last 12 months, where might guilt have influenced your decisions?

- The relationship that wasn't right, but you stayed in because leaving felt unkind
- The thing you didn't buy for yourself because you couldn't justify spending the money on you
- The conversation you've been rehearsing in your head for two years but have never actually had
- The time you gave to someone else when your body was begging you to rest
- The creative project, course or business idea you've been 'saving for when things calm down'
- The weekend away with friends you turned down because the timing 'wasn't right' for everyone else you look after
- The version of your life you glimpsed once and then talked yourself out of because "who am I to want that?"

Add your own here:

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If nothing changes, where will guilt still be shaping your life a year from now?





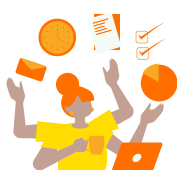
The Guilt Archetypes

Many women recognise themselves in one of these patterns. Which one are you?



The Good Girl

You don't want to disappoint people or let them down.
You've been so busy managing everyone else's feelings that you've stopped noticing your own. And somewhere along the way, 'I don't want to upset anyone' became the only decision-making tool you have.



The Over-Responsible One

You hold everything for everyone.
You've told yourself it's easier if you just do it. But the truth is, you've quietly taught everyone around you that your time, energy and peace are always available. And you're exhausted by it.



The Achiever

You feel uncomfortable resting.
Chores first, then me-time. But the chores are never done. Rest feels selfish, indulgent, unearned. What would it mean if you were allowed to just stop, and it was enough?



The Peacekeeper

You avoid conflict even when it's at your expense.
You've swallowed so many "it's fine"s that you've almost forgotten what you actually think. While keeping the peace might feel easier, it's costing you more than standing your ground ever would.



The Invisible Woman

You minimise your needs and take up less space.
You've become so good at disappearing into the background that people have stopped asking what you want. The scary bit? Part of you has stopped asking too, and it's shaping everything.

Which one feels most familiar right now?



Which one did you choose first? That's usually the one shaping your decisions.



Two-Step Check In

Try this next time guilt appears. Ask yourself:

1. Have I actually done something wrong?

OR

2. Am I simply breaking an old rule about who I'm allowed to be?

So...

If it's number 1 - repair it.

If it's number 2 - good. You're re-writing the rules. You're growing.



REMINDER: Guilt isn't always a warning sign. Sometimes it's simply the discomfort of doing something different, and challenging the narratives you've been given about being a 'good girl' by society.

Cut this out and put it where you'll see it when you're making a decision

CHECK-IN

Have I actually done something wrong?

OR

Am I simply breaking an old rule about who I'm allowed to be?





YOUR 3-STEP GUILT FREE RESET

Whenever guilt, perfectionism or 'not enough' creeps in, use this three-step Guilt-Free reset to shift your thinking and find the permission you need to move past it. Try it now:

1. PAUSE

- Notice the guilt and pause a beat
- Say it out loud, or write down: "I feel guilty for..."



2. PRESENCE

- Ask yourself: "If my best friend felt this way, what would I tell her?"
- Write down the response as if to your best friend (and then listen to it!)



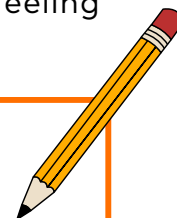


YOUR 3-STEP GUILT FREE RESET

3. Permission

- Complete the sentence: "I give myself permission to..."
- Example: "I give myself permission to rest when I need to, without feeling guilty about it"

I give myself permission to...



Top Tip:

Keep these questions handy (print them out, or save a picture of them on your phone) and use them in the moment.



PAUSE - Notice the guilt and pause a beat

PRESENCE - If my best friend felt this way, what would I tell her?

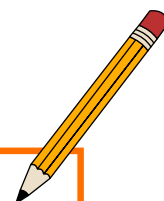
PERMISSION - Complete the sentence "I give myself permission to..."



One small shift this week

Complete the sentence:

This week I will experiment with feeling a little less guilty about...



Stuck for ideas? Try these:

- saying no
- spending time on myself
- releasing what's not mine to hold
- resting
- asking for what I need
- asking for help





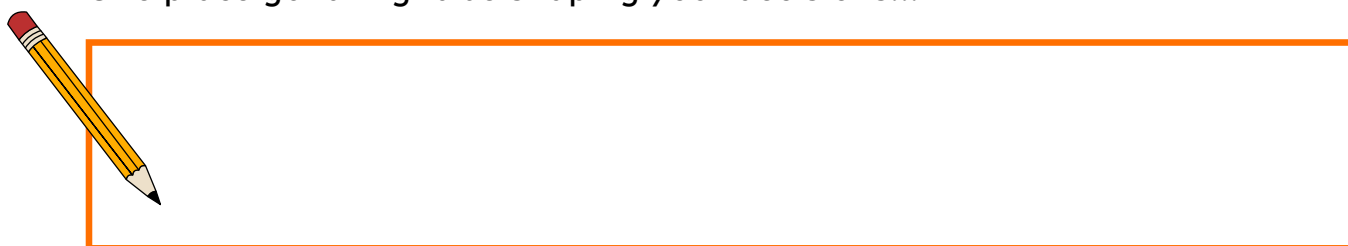
BEFORE YOU GO...

Take a moment to reflect on what you've noticed. Being able to interrupt your thought patterns relies on you noticing when guilt shows up...

Looking back at your responses, what stands out most for you?



One place guilt might be shaping your decisions...



One small shift you want to experiment with this week...



One reminder you want to hold onto...



READY?

Guilt has had years of practice. You deserve more than 10 minutes to work through it. You already know this goes deeper than a workbook. The question is whether you're ready to go there...

You've Got This!





Ready to go deeper?



You've just spent 10 minutes with yourself. Imagine what 90 minutes could do...

This gave you the framework, the workshop gives you the practice.

If this workbook made you realise guilt might be shaping more of your life than you thought, you're not alone. That flicker of recognition, the "yes, that's me", that isn't nothing. That's the part of you that's been waiting to speak.

The Secret Society of Women Who Say No is where we go deeper.

This 90-minute, live workshop is for you if:

- You said yes to something this week when every part of you wanted to say no
- You're exhausted from holding everything together for everyone else
- You can feel something needs to change, but guilt keeps talking you out of it

By the end of our time together, you'll have:

- A clear, personal framework for making decisions from choice rather than guilt
- The words to say no that don't require an apology
- Permission - properly, deeply felt - to put yourself back on your own priority list

Lauren, Secret Society member, said:

"90 minutes of safe space, surrounded by women who ACTUALLY get how you feel so you can ACTUALLY say what you're feeling and just how bloody hard it is to say no, all facilitated by the magical Jane 😊. By the end of the session I felt ready to start saying no again, in a way that felt comfortable to me. For anyone sat on the fence, just hit the button...you won't regret it."

And the shifts can happen quickly. This voice note arrived the same day as the workshop: "I've already said 'no'. Boundary number one, done. I'm feeling well chuffed with myself!"

One session. Ninety minutes. A shift that lasts.

I'll see you there.

Jane x



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