



**Lessons Learned from Coaching 1,000 High-Achieving Women:
Strategies to Manage Perfectionism, People Pleasing,
and the Need to Prove Oneself
May 19, 2026**

SELF-REFLECTION

A. Which patterns show up most strongly for you?

1. Perfectionism
2. People-pleasing
3. Over-responsibility
4. Difficulty resting without guilt
5. Fear of disappointing others
6. Harsh self-criticism
7. Difficulty saying no
8. Feeling the need to constantly prove yourself
9. Comparison with others
10. Overpreparing or overfunctioning

B. What patterns do you have that look high functioning but leave you feeling drained?

Examples:

- Saying yes automatically
- Taking responsibility for everyone
- Overpreparing
- Emotional caretaking
- Perfectionistic over-editing



Gail Gazelle, MD, MCC
Master Certified Coach for physicians and healthcare leaders
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C. What are your top self-critical tunes?

D. By saying 'Yes' to perfectionism, what are you saying 'No' to?

E. How does the ESOR show up for you?

What would be different if you could have greater agency over these patterns?





MANAGING PERFECTIONISM, PEOPLE-PLEASING, PROVING, AND THE ESOR

Strategies :

- Mindful awareness
- Self-compassion
- Internal validation
- Setting healthy boundaries
- Allowing yourself recovery and rest
- Delegation
- Sitting with the discomfort of new patterns
- Sustainable ambition

1. Practice the Notice and Name Game

- Notice when the pattern arise
- Call it out!
- Reframe

2. Take self-compassion breaks

When you're experiencing something difficult:

This is a moment of suffering.

Suffering is part of life. It's normal and expected that I struggle in this way.

I am doing my best. In this moment, I don't have to fix this.

May I be kind to myself in this moment.

May I give myself the compassion I need and deserve.

May I forgive myself in whatever ways will help me.

May I care for myself just as I would care for a patient or loved one in need.

3. Start setting small boundaries

What is one small boundary you could practice this week?

4. Build internal validation by noticing and celebrating your successes



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### NOTES

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