

FREE DOWNLOAD

**5 PRACTICAL STEPS TO BALANCE
EXPECTATIONS AND THRIVE**

I'm Every Woman and It's Draining Me



WWW.COACHSHEILAFAYE.COM

Okay, sis, let's talk honestly for a moment. I want every wife to pause and say this with me: "I am NOT a superwoman, and I'm done pretending like I have to be!"

For so long, we've believed the lie that we have to wear a hundred different hats and do them all perfectly—loving wife, devoted mom, flawless homemaker, high-achieving career woman. Does that sound familiar?

Well, let me tell you something, friend: this unrealistic standard is taking more from us than we realize, and it's leaving us exhausted. It's time to acknowledge the toll it's taking and give us the grace we deserve.

The Crushing Reality

Let's talk about it. Like you, there was a time when I believed that "having it all" meant doing it all—alone? This messaging left me depleted, frazzled, and BURNT OUT.

See, we're trying to be picture-perfect Stepford wives, Martha Stewart's twin, and the breadwinner all at once. And let me tell you, Sis, NO MORE.

I decided that I was done with the burden of impossible expectations. No one—I repeat, NO ONE—can singlehandedly slay every dragon without reinforcements and expect to thrive. Not superheroes, and certainly not us!

The Truth We Need

It's time for a massive recalibration. I had to hit the reset button and redefine my capacities and limitations as a HUMAN woman—not flawless robotic fem-bot.

We need safe spaces to admit our struggles without judgment. Validation that doing less isn't failing—it's being exquisitely human. And, let's be honest, we need our families to step up and share the load.

The New Narrative

No more shouldering this Herculean burden alone! We're rewriting the narrative around "Superwoman" to create BALANCED, SUSTAINABLE marriages. Marriages where we thrive as individuals AND united partners. Because we deserve to be more than just a taskmaster or a household CEO. We deserve joy, rest, and the freedom to be unapologetically US.

Here are 5 practical steps to walk in the “new narrative”:

- 1. Reclaim Your Energy** – Discover what's truly draining you and set boundaries to protect your well-being. Start by identifying the areas where you're overcommitting. Say “no” to unnecessary obligations and “yes” to rest and rejuvenation.
- 2. Restore Your Balance** – Prioritize what matters most and delegate the rest. Use tools like time blocking or task lists to focus on your top priorities. Delegate household chores and responsibilities to family members or outsource when possible.
- 3. Redefine Your Roles** – Challenge outdated expectations and build a partnership that supports you both. Sit down with your partner to discuss shared goals and divide responsibilities in a way that feels fair and sustainable.

4. Cultivate Connection – Build deeper intimacy and friendship in your marriage. Set aside intentional time to reconnect through date nights, honest conversations, or shared hobbies that bring you closer together.

5. Celebrate Your Humanity – Embrace imperfection and find joy in your authentic self. Practice self-compassion by letting go of guilt and focusing on progress over perfection. Celebrate small victories and cherish moments of pleasure.

If you're DONE with the crushing weight of unrealistic roles and ready to embrace your humanity while elevating your marriage,

I'm here to help. I'm Sheila Faye, your coach for crafting a poised, purposeful life where you thrive as a willful woman and cherished wife—NO CAPES REQUIRED.

Follow me for wisdom and strategies to recalibrate your load and sculpt your PROUDLY IMPERFECT life.

And if you're ready to take the next step, let's connect! Visit me at www.coachsheilafaye.com to schedule a discovery call.

Together, we'll reclaim your energy, restore your balance, and build a marriage that uplifts and sustains you. You've got this, Sis!