

# 12 SIGNS YOU'RE OPERATING BEYOND YOUR CAPACITY

A woman with dark curly hair, wearing a white collared shirt and a dark vest, is sitting at a desk. She has her hands pressed against her forehead, looking down with a stressed or overwhelmed expression. The desk in front of her has papers, a white mug, and a smartphone. The background is a bright, out-of-focus office environment.

For High-Achieving Women Who Are  
Successful On Paper But Exhausted In Real Life

# HI, I'M ALLISA LA BROWN

Self-Preservation Coach  
for High-Achieving  
Women



If you're here, chances are you've been doing a lot. Showing up. Holding it together. Being the one people can count on. And somewhere along the way...

...you started feeling stretched, overwhelmed, or like no matter how much you do, it's still not enough.

I want you to know something right away:  
You're not doing life wrong.  
You've just been operating beyond your capacity.

Most women I work with aren't lacking ambition, intelligence, or capability. They're successful. Accomplished. Respected. But somewhere along the way, they lost ownership of their time, energy, and capacity.

This guide will help you recognize where that's happening and begin creating space for what matters most.

# HOW TO USE THIS WORKBOOK

This is your space to get honest, reflect, and begin shifting how you show up.

## ✨ Before You Begin

This isn't something to rush through. Give yourself permission to slow down, reflect, and be real about where you are. The more honest you are here, the more powerful your results will be.

## 📝 As You Move Through It

- Read each section fully before moving on
- Use the note sections to capture what stands out to you
- Pay attention to patterns, not just one-off moments
- Be honest about where you're overextending

You're not here to judge yourself.

You're here to understand yourself.

## 💡 A Simple Way to Approach This

As you go through each section, ask yourself:

- Where is this showing up in my life right now?
- What feels true for me?
- What needs to shift?

Write it down. Even if it feels small.

## ✨ Let's Begin

Turn the page and start identifying where your capacity is being stretched.

## REMEMBER: ✨

*You don't need to fix everything today.*

*You simply need to notice what's true.*

*Awareness creates Ownership.*

*Ownership creates Alignment.*

*Alignment creates Peace.*

*Peace creates Capacity.*

*Capacity creates Expansion.*

LESSON 01

LETS GET DOWN TO  
THE BASICS

# OWNERSHIP, ALIGNMENT & EXPANSION

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Success Isn't the Problem. Losing Yourself in  
the Pursuit of It Is.

**Ownership**

What are you carrying that isn't yours?

**Alignment**

Does your life reflect what matters most?

**Expansion**

What becomes possible when you stop carrying everything?

## OWNERSHIP

Ownership is about reclaiming your time, energy, decisions, commitments, and responsibilities. It's learning to recognize the difference between what is yours to carry and what you've taken on out of habit, guilt, obligation, or expectation. The more ownership you reclaim, the more capacity you create for what truly matters.

Reflection Question:

What am I currently carrying that may not actually be mine to carry?

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## ALIGNMENT

Alignment is living in a way that reflects your values, priorities, goals, and vision for your life. When you're aligned, your calendar, commitments, and energy reflect what matters most instead of everyone else's expectations. Alignment isn't about perfection. It's about making intentional choices that support the life you're trying to build.

Reflection Question:

Does the way I'm currently spending my time and energy reflect what matters most to me?

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## EXPANSION

Expansion is what becomes possible when you're no longer overwhelmed by obligations, overcommitment, and self-abandonment. It's creating space for new opportunities, deeper fulfillment, healthier relationships, bigger goals, and the version of yourself you've been putting on hold. Expansion isn't about doing more. It's about having the capacity to pursue what matters most.

Reflection Question:

What becomes possible if I stop carrying everything and create space for what's next?

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## LESSON 02

### LET'S MAKE THIS PERSONAL

# THE POWER OF OWNERSHIP

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Because awareness is only useful if it leads to ownership.

Now that you've been introduced to Ownership, Alignment, and Expansion, it's time to take a closer look at your own life. Because transformation doesn't begin when you learn something new. It begins when you recognize yourself in it.

Many high-achieving women don't realize how much they're carrying until they stop long enough to look honestly at what's on their plate. They become so accustomed to managing, fixing, helping, supporting, and producing that overextension starts to feel normal.

But just because something is familiar doesn't mean it's sustainable. Ownership starts with awareness.

It requires us to ask difficult questions:

- What am I carrying that isn't mine?
- Where am I abandoning myself to meet someone else's expectations?
- What is this costing me?

On the next page, you'll walk through 12 common signs that you may be operating beyond your capacity. As you read, don't rush. Pay attention to what resonates. Notice what feels familiar. And most importantly, be honest with yourself.

Because you can't reclaim ownership of what you haven't identified. And awareness is often where self-preservation begins.

# SIGNS 1-6

## Signs You May Be Losing Yourself in the Pursuit of Success

**SIGN 1**      **You say yes... and immediately regret it.**  
You commit before checking in with yourself, then spend time wishing you hadn't.

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**SIGN 2**      **You feel responsible for things that aren't yours to carry.**  
Other people's emotions, problems, and outcomes feel like your responsibility.

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**SIGN 3**      **You're always "on," even when you're exhausted.**  
Rest feels like something you have to earn instead of something you need.

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**SIGN 4**      **You over-explain your decisions.**  
Instead of stating what you need, you justify it just in case.

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**SIGN 5**      **You avoid saying no to keep the peace.**  
Even when it costs you your time, energy, or well-being.

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**SIGN 6**      **You feel resentful but don't say anything.**  
You show up, but internally you're frustrated, drained, or annoyed.

# SIGNS 7-12

## Signs You've Been Carrying More Than You Were Meant To

- SIGN 7**      **You're constantly busy but not fulfilled.**  
Your schedule is full, but it doesn't reflect what actually matters to you.
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- SIGN 8**      **You struggle to make decisions for yourself.**  
You second-guess, overthink, or look to others for validation.
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- SIGN 9**      **You feel guilty for resting or choosing yourself.**  
Doing less feels uncomfortable, even when you need it.
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- SIGN 10**      **You're available to everyone except yourself.**  
You make time for others easily but struggle to prioritize your own needs.
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- SIGN 11**      **You keep pushing through instead of pausing.**  
You ignore the signs your body and mind are giving you.
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- SIGN 12**      **You feel like no matter how much you do, it's never enough.**  
You're constantly giving, but rarely feeling full.

✨ As You Read

Notice what resonates.

You don't need to identify with all of them.

Even one or two is enough to begin shifting how you show up.

# Let's Reflect

Awareness is where everything begins to change.

You've just walked through 12 signs of operating beyond your capacity. Now it's time to get honest. Not to judge, but to understand and align.

1. Which of these signs resonated with me the most? Why?

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2. What am I carrying that isn't mine?  
(Think: work, relationships, family, commitments, expectations)

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3. What have I been saying yes to that I don't have the capacity for or that doesn't align?

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4. What is this costing me right now?  
(Time, energy, peace, confidence, relationships)

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5. If nothing changes, how will this continue to impact me?

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LESSON 03

LET'S TALK  
OWNERSHIP

# THE OWNERSHIP AUDIT

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Clarity is powerful. Action is what creates change.

Before You Say Yes to Anything, Ask:

1. Is this actually mine to carry?
2. Does this align with what matters most right now?
3. Do I have the capacity to do this well?
4. What would need to shift if I said yes?

*Remember: If nothing shifts... something breaks.*

# Your Ownership Check-In

1. **OWNERSHIP:** What am I carrying that isn't mine to carry?

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2. **ALIGNMENT:** What needs more of my time, energy, and attention right now?

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3. **RELEASE:** What is one thing I need to stop, delegate, postpone, or say no to?

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4. **EXPANSION:** What becomes possible if I create space for what matters most?

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LESSON 04

YOUR NEXT STEP

# READY TO CREATE SPACE FOR WHAT'S NEXT?

If this workbook helped you realize you've been carrying too much for too long, you're not alone.

The solution isn't working harder.

The solution is reclaiming ownership of your life.

Join me for my free Confidently Unavailable™ Workshop where I'll show you how high-achieving women honor their capacity, set aligned boundaries, and create space for what's next.



[Save Your Seat](#)

*You don't have to be available to be valuable.*