



THE BENEATH THE BRILLIANCE(™) REFLECTION GUIDE

For the Woman Who Is Tired of Holding Everything Together

If you're anything like the women I work with, there's a good chance you're carrying more than most people realize.

Not just responsibilities, but expectations. Deadlines. Decisions. Other people's emotions. The mental checklist that's constantly running in the background while you're trying to work, lead, care for others, and somehow remember where you put your phone.

Over time, that kind of pressure can become so normal that we stop questioning it. We assume this is just what life looks like when you're capable, ambitious, dependable, or successful.

But one of the questions I've been exploring while writing my book is this:

What if some of the things we're carrying don't actually belong to us?

The questions that follow aren't meant to give you all the answers. They're simply an invitation to pause for a few minutes and get curious about the pressure you're carrying, the beliefs underneath it, and what might become possible if you experienced it differently.

Grab a pen, find a quiet moment, and let's begin.



What feels hardest in my life right now?

Be specific about what feels hard to you right now, not what should feel hard or what looks hard from the outside.

Reflection

Hard is personal, and just because someone else is facing something different doesn't make your experience any less valid; the goal isn't to compare it, but to understand it.



What am I carrying that no one else sees?

Consider the things that often go unnoticed: the mental load, the emotional labor, the constant planning, the problems you anticipate before they happen, and the responsibilities you carry without anyone asking. What comes to mind?

Reflection

Many high-achieving women aren't exhausted because they're incapable; they're exhausted because they've spent so long carrying things that were never theirs to carry alone.



What am I trying to control?

Control doesn't always show up the way we expect it to. Sometimes it looks like doing everything yourself, over-preparing, struggling to delegate, refusing help, taking responsibility for other people's emotions, or believing that if you don't handle it, no one will. What are you gripping tightly right now?

Reflection

Being capable of carrying something doesn't automatically mean it's yours to carry, and it's worth asking whether holding on to it is helping you or simply exhausting you.



What am I afraid will happen if I let go?

Finish this sentence:

"If I stopped carrying all of this..."

Now ask yourself:

Is that fear a fact? Or is it a story?

Reflection

Sometimes the pressure we feel isn't coming from the situation itself, but from the beliefs we've attached to it. Taking the time to notice those beliefs is often the first step toward deciding whether they're still serving us.



What hard am I choosing?

Not all hard is created equal. Some challenges stretch us, strengthen us, and help us grow into who we're becoming. Others leave us exhausted because they stem from people-pleasing, over-functioning, avoiding difficult decisions, or carrying responsibilities that don't belong to us. As you think about your current situation, what kind of hard are you choosing?

Reflection

The goal isn't to eliminate hard from your life, but to become more intentional about which hard is helping you grow and which hard is simply wearing you down.



What belief might be making this harder than it needs to be?

As you reflect on your answer, consider whether there might be a belief underneath it. Perhaps it's the belief that you should be able to handle everything on your own, that asking for help is a burden to others, that your value comes from being dependable, or that slowing down isn't an option. What belief might be shaping the way you're experiencing this situation?

Reflection

Pressure doesn't create who we are. Pressure reveals the beliefs we've been carrying all along.



What would change if I experienced this differently?

Rather than focusing on how the situation might change, consider what might become possible if you changed the way you relate to it.

Reflection

You don't need less hard. You need a different relationship with hard.

One Final Thought

You don't have to solve everything today. In fact, the goal of this guide isn't to create one more thing for your to-do list. It's simply to help you notice.

Notice what you're carrying.

Notice what you're gripping tightly.

Notice the stories you've been telling yourself about what strength, success, and responsibility require.

Awareness doesn't solve everything, but it's often where meaningful change begins.

If these questions resonated with you, I'd love to stay connected as I continue writing my upcoming book and sharing more thoughts on pressure, leadership, growth, and what happens beneath the surface of high achievement.

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Helping high-achieving women redefine pressure, growth, and *what it means to be strong*.

