

SERIAL FIXER

WEEKLY REPS GUIDE



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This guide is a weekly self check-in to help you shift from over-functioning to intentional support.

Use this space to pause, reflect, and practice the Support, Don't Solve™ framework from *Serial Fixer*. Notice where you stepped in, took over, or felt responsible for outcomes that weren't yours to carry. Without judgment, ask yourself: "Was I supporting—or solving?"

At work and at home, **boundaries are built through repetition**. Small moments matter. Did you allow someone to sit with their own discomfort instead of rescuing them? Did you express a need, say no, or take a step back when your capacity was limited?

This is your opportunity to **build awareness and create new patterns**. Choose one interaction from the past week and gently rewrite it: What would support have looked like instead of solving? What boundary could you practice next time? Then, set one intention for the week ahead. Keep it simple and specific. For example: "I will pause before offering help," or "I will ask what's needed instead of assuming."

Change doesn't come from doing it perfectly—it comes from showing up consistently. **These are your weekly reps.**



Leah C. Marone
LEAH C. MARONE LCSW

Support, Don't Solve™

CULTIVATING HAPPIER WORKERS AND HEALTHIER WORKPLACES

LEAH MARONE, LCSW, is a psychotherapist, keynote speaker, mental wellness consultant, former D1 athlete, and recovering perfectionist. She has more than two decades of experience working therapeutically with individuals as well as collaborating with companies, nonprofits, and schools to address issues such as anxiety, stress, burnout, and compassion fatigue.

A regular contributor to *Psychology Today* and an expert voice for *Newsweek* and *The Atlantic*, Marone shares insights on **navigating mental health challenges, setting healthy boundaries, and building resilience**.

With thousands of hours of clinical experience, Leah brings a deep understanding of human behavior, emotions and relationships to our work as a consultant. She leverages this expertise to help organizations build work cultures that prioritize **productivity, grit and recovery**.



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At **Equitable Foundation**, our team drives **K-12 educator impact** over a variety of opportunities – such as professional development and wellness. We aspire to support educators through programs that are designed to help increase access, knowledge and enthusiasm for the profession.

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WEEKLY SELF-CHECK-IN

How are you this week?

- ☐ I am feeling more anxious or overwhelmed than usual
- ☐ I am jumping to fixing and solving before listening
- ☐ I feel guilty when I set boundaries or say no
- ☐ I feel emotionally drained from others' problems
- ☐ I feel resentful that others don't reciprocate my help

WEEKLY AFFIRMATIONS

Circle your affirmation for this week.

- ☐ I can be present and empathetic without losing myself
- ☐ I trust others to handle their own growth and challenges
- ☐ Saying no is an act of self-respect, not selfishness
- ☐ My worth is not determined by how much I solve for others

SUPPORT, DON'T SOLVE™ PRACTICE

Check your focus for this week.

- ☐ I will listen fully before offering any advice
- ☐ I will ask empowering questions rather than giving solutions
- ☐ I will validate feelings without taking on responsibility for fixing them
- ☐ I will remind others (and myself) of their capability and strength

Use this weekly check-in to notice patterns, reset your boundaries, and set your growth goals. On the next page, use the space to write based on any of the provided prompts. Small shifts, practiced consistently, create lasting change.

THIS WEEK I WILL BE INTENTIONAL ABOUT...

THIS WEEK'S SELF-CARE PLANS

THIS WEEK'S BOUNDARY GOALS

LAST WEEK'S WINS & INSIGHTS

GROWTH GOALS

“Through mindful nurturing and compassionate self-care, you gradually accumulate a reservoir of self-trust—a belief in your capacity to navigate life’s challenges with clarity and resilience. These practices transcend mere mindfulness; they’re about gaining confidence in your ability to honor your needs and live authentically. By embracing this process and committing to your growth, you lay the foundation for a more grounded, fulfilling existence where self-awareness and self-trust are the cornerstones of a truly fulfilled life that you actively participate in.”

—Serial Fixer, page 92

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**BOUNDARIES ARE
SELF-CARE**

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Choose the prompts you want to write about.

What part of me shows up when I feel the need to fix others?

What does healthy support look like without taking over?

What boundary do I need to set
with myself or someone else?

How can I show up fully while staying connected to myself?

What would change if I trusted others' ability to handle their challenges?



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“As an educator and Serial Fixer, I was drowning in my school’s endless needs. Marone’s transformative book taught me to create essential boundaries without compromising my authentic self. I’ve learned to support others without becoming overwhelmed by their challenges. This powerful resource provides **practical frameworks for educators to maintain presence and connection while protecting their well-being.** A must-read for anyone who gives deeply but struggles to save space for themselves.”

—Leah Carper, 2022 North Carolina Teacher of the Year

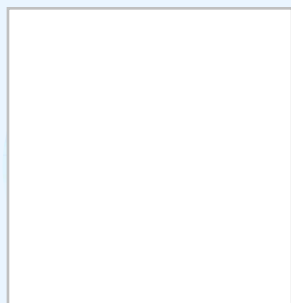
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For more questions or if you are interested in learning more about financial planning with Equitable Advisors, please contact:



ADVISOR:



Equitable



@Equitable-Financial

DID YOU ENJOY THE WORKSHOP?



Please scan here to take our
workshop survey!

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