

BOOST YOUR ASSERTIVENESS

FOR PASSIVE COMMUNICATORS

6 WEEKS CHALLENGE

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1 SELF-AWARENESS

Reflect on daily interactions and journal when you felt assertive or passive.

1

2

2 BODY LANGUAGE

Observe and adjust body language to practice confident posture & voice modulation.



3 COMMUNICATION

Use "I" statements and practice expressing your needs and opinions clearly.

3

4

4 BOUNDARIES

Practice saying "no" and setting limits to reduce your tendency to overcommit.



360°

5 HANDLING CRITICISM

Practice giving and receiving feedback without defensiveness

5

6

6 SELF-COMPASSION

Reframe your thinking habits and develop a good self-compassion framework to reflect on challenges and setbacks.



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Assertiveness In A Week

CL Gary



Assertiveness In A Week:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Assertiveness In A Week** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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