

HOW CAN YOU SAY "NO" MORE?

WORKSHEET



Go deeper into the topic by jotting down your thoughts to the questions below.

1 In what situations do **YOU** feel most empowered to speak up?

2 How do **YOU** respond when someone discloses boundaries to **YOU**?

3 What fears or beliefs limit **YOU** from sharing **YOUr** boundaries?

4 How do **YOU** react when someone disregards **YOUr** boundaries?

5 What steps can **YOU** take today to become a stronger self-advocate?

BONUS: Comment on the post and share with other rYOUminators.