



The Virtues Project

ASSERTIVENESS

Week beginning July 2/3

Being assertive means being positive and confident. You are aware that you are a worthy person with your own special gifts. You think for yourself and express your own ideas. You know what you stand for and what you won't stand for. You expect respect.

You are practicing assertiveness when you

**Share your own ideas and feelings
Tactfully tell others what you really think
Don't allow other to lead you into trouble
Avoid being aggressive or passive
Ask for what you want and need
Expect respect at all times**

Affirmation

I am assertive. I freely express my own ideas. I think for myself and do what I feel is right. I am my own leader.