

# **Assertiveness**

**Easily and Openly Speak Your  
Mind**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you feel safe and comfortable saying whatever is on your mind.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming more assertive. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

[mindpersuasion.net](http://mindpersuasion.net)

# **Affirmations**

I speak my mind

I speak up with questions

I speak up with comments

I speak up in social settings

I feel comfortable speaking up with strangers

I ask for what I want

I easily create win, win situations

I naturally express my viewpoint

I easily ask questions

I speak up if I need something

I feel comfortable expressing myself

I feel comfortable at the center of attention

I am OK

I accept myself just as I am

I easily accept criticism from others

I easily accept praise from others

I speak up

I naturally speak up

I easily speak up

I feel comfortable disagreeing with others

I see valid sides of the argument

I am assertive

I am confident

I like myself

I believe in myself

I love myself

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