



# Conscious Kindness Checklist

MISGUIDED KINDNESS	CONSCIOUS KINDNESS
Am I hiding behind a mask?	Am I being my true authentic self?
Is the outcome I'm seeking here out of balance – favouring one person over another?	Is the outcome I'm seeking in balance – looking at the bigger picture for all concerned?
Does the situation feel confusing and uncertain?	Does the situation feel grounded and certain?
Am I feeling ongoing frustration or resentment about saying yes?	Am I feeling a little guilty about saying no? (That's normal)

Is the saying yes solution I'm considering simply a short-term fix?	Will my saying no ultimately help this person to grow?
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This is one of many tips, tools, and techniques in my much-loved book: **How Kind People Get Tough**.

In the book, you'll find examples of how to set boundaries and communicate them without guilt, and with confidence. You'll also find case studies and stories of people just like you - on a journey to living a more empowered life.

Find out more here:

<https://marleneroseshaw.com/how-kind-people-get-tough-the-book/>

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