



Intentional Life Plan

Self-Reflective Questions

Being Acknowledged

Related content in Worksheets:

- Chapter 9: 'How to Be Acknowledged'
- Assertiveness Beliefs Checklist
- Assertiveness Life Areas

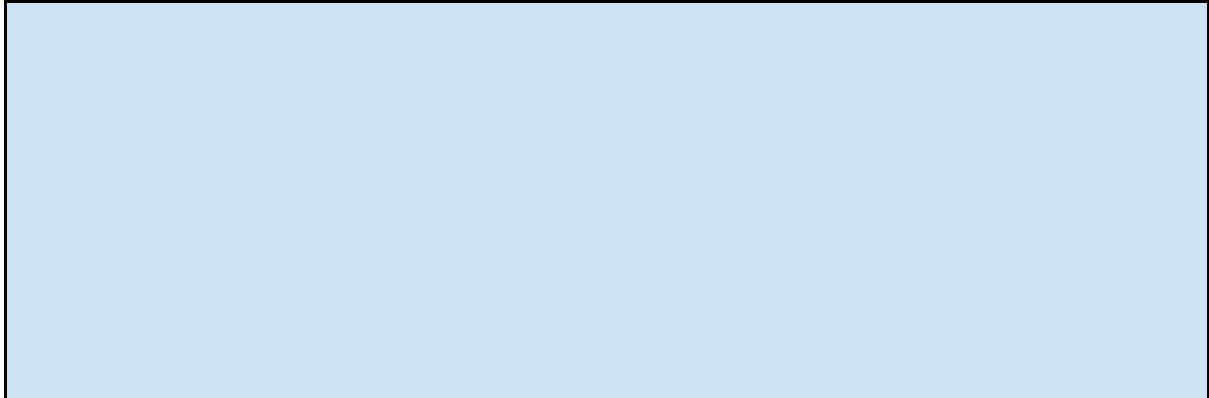
Write a statement to describe what being acknowledged means for you, beginning with: In order to feel acknowledged I need ...



Continue with *I can make that clear to others by using statements such as ...*



Other people will treat you with the same level of regard and respect that you give yourself. Write a sentence about how you respect yourself, beginning with: *I respect myself by ...*



Being more specific and focused about your choices gives people the message that you deserve to be acknowledged. Write a sentence starting with: *I will always make my choices clear when ...* For example, *I will always make my choices clear when discussing social outings with friends*

