

Connect with us!



I am Grateful for...

The Recipe for Thriving



Positive Emotions



Engagement



Relationships



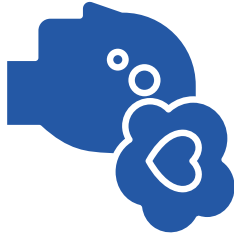
Meaning



Accomplishment

My Top 5 Strengths

RFT Reminders



Resilience for Advocates
through Foundational Training

Types of Boundaries



Physical

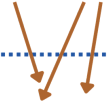


Mental



Spiritual

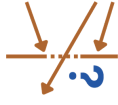
How we Apply our Boundaries



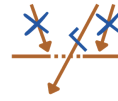
Soft



Rigid



Spongy



Flexible
(Ideal)

Say No in a Positive Way

Your first yes is saying yes to one of your core values. Uncovering your "yes" first will ground you in something positive, give you a sense of direction, and give you energy.

Yes!

No.

Deliver a clear "no" to the request the other person has made.

Yes?

After you have said "no," create an invitation for a positive outcome. Tell the other person not just what you don't want but what you do want. This second "Yes?" must be something you are comfortable and willing to do, it is not a compromise or an accommodation that will stress or upset you.

My Top 5 Values

About this Tool

We created this handy booklet as a way to carry these important reminders with you throughout your day, or to keep by your desk. As you complete our core series of workshops, fill out this booklet to refer to later. We want you to bring these tools and reminders with you for tough situations, difficult situations, and to uplift your spirits.

How to create your booklet

First, print the first page of this document. Color printing is lovely, but black and white will work as well!

If available, print on a thicker cardstock, so that your booklet is a bit more sturdy.

Finally, use the instructions below to cut and fold your booklet!

