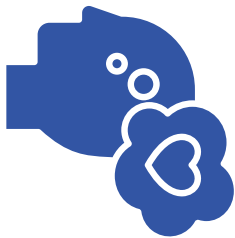


Connect with us!



I am Grateful for...

RAFT Reminders



Resilience for Advocates
through Foundational Training

Accomplishment



Meaning



Relationships



Engagement



Positive Emotions



The Recipe for Thriving

Types of Boundaries



Physical

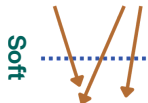


Mental

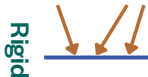


Spiritual

How we Apply our Boundaries



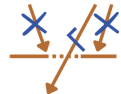
Soft



Rigid



Spongy



Flexible
(Ideal)

My Top 5 Strengths

My Top 5 Values



My Trusted Network

People I connect with at work

People that share my worldview

People I can call when I'm having
a hard time

Say No in a Positive Way

Yes!

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.

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.

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!

