



The Virtue of Assertiveness

Being assertive means being positive and confident. You are aware that you are a worthy person with your own special gifts. You think for yourself and express your own ideas. You know what you stand for and what you won't stand for. You expect respect.

You are practicing Assertiveness when you:

- Share your own ideas and feelings
- Tactfully tell others what you really think
- Don't allow others to lead you into trouble
- Avoid being aggressive or passive
- Ask for what you want and need
- Expect respect at all times

Affirmation

I am assertive. I freely express my own ideas. I think for myself and do what I feel is right. I am my own leader.

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