

# HOW CAN YOU SAY "NO" MORE?

## WORKSHEET



Go deeper into the topic by jotting down your thoughts to the questions below.

1 How often do **YOU** prioritize others' needs over **YOUr** own?

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2 In what situations do **YOU** feel most empowered to speak up?

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3 What fears or beliefs prevent **YOU** from advocating for **YOUrself**?

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4 How do **YOU** react when someone disregards **YOUr** boundaries?

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5 What steps can **YOU** take today to become a stronger self-advocate?

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**BONUS:** Comment on the post and share with other rYOUminators.