

*Inspired Reading for your Leadership Offsite*

Self-Encouragement Bill of Rights

* It is OK to want or need something from someone else.
* I have a choice to ask someone for what I want or need.
* I can stand it if I don’t get what I want or need.
* If I didn’t get my objectives, that doesn’t mean I didn’t go about it in a skillful way.
* Standing up for myself over “small” things can be just as important as “big” things are to others.
* I can insist upon my rights and still be a good person.
* I sometimes have a right to assert myself, even though I may inconvenience others.
* The fact that other people might not be assertive doesn’t mean that I shouldn’t be.
* I can understand and validate another person, and still ask for what I want.
* There is no law that says other people’s opinions are more valid than mine.
* I may want to please people I care about, but I don’t have to please them all the time.
* Reality Statements for Boundary Setting and Interpersonal Effectiveness
* Giving, giving, giving is not the be-all of life. I am an important person in this world, too.
* If I refuse to do a favor for people, that doesn’t mean I don’t like them. They will probably understand that, too.
* I am under no obligation to say yes to people simply because they ask a favor of me.
* The fact that I say no to someone does not make me a selfish person.
* If I say no to people and they get angry, that does not mean that I should have said yes.
* I can still feel good about myself, even though someone else is annoyed with me.

**Questions to Ponder:**

**1. Which statement(s) resonate with you most?**

**2. Which strike you as less valuable?**