



EQ
REFINED
BUSINESS CONSULTING

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AUTHENTIC ASSERTIVENESS **BOARD**

I ended the call at the time I said I would.

I said something without apologizing all day.

I let the moment be awkward and didn't rush to fix it.

I acknowledged my mistake without shrinking or blaming or arguing.

I respectfully said something I'd been afraid to say.

I showed up as myself instead of managing everyone's mood.

I stood in my voice with someone who doesn't like me.

I claimed the authority instead of quietly doing the work and being unacknowledged.

I gave someone a chance instead of deciding ahead of time they wouldn't listen.

I asked clearly for what I needed and didn't let it be ignored.

I used a confident tone of voice, not too soft or too harsh.

I stayed consistent instead of giving up when I got pushback.

I paused and grounded myself before the anxiety took over.

I said out loud what I needed from the relationship.

I let a friend process their feelings without becoming their therapist.

I limited my time with someone who drains me.

I let myself be wrong without feeling like I'd failed.

I stepped into leadership instead of waiting for someone else to.

I stayed still with a hard truth instead of moving past it.

I saw the other person as a person, rather than someone I had to battle.