

Activity 4 Assertiveness Development

Where do you currently see yourself in terms of how assertive you normally are?
(Scale of 1 – 10 – where 1 is low and 10 high)

Why have you scored yourself at this level?

What is your improvement goal? What number would you like to be?

Identify three specific situations that you would like to handle differently?

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Specifically what would you be doing differently?

By when will you have achieved this?