

ASSERTIVE LIFESTYLE — OUR IMAGE TO THE WORLD

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Thoreau tells us: “Go confidently in the direction of your dreams! Live the life you have imagined!” Assertive people innately do this.

In considering Assertiveness, we think of communication. Assertive communicators express their thoughts, feelings, and beliefs with confidence – without infringing on the rights of others.

While communication skills (both verbal and non verbal) are important factors in overall assertiveness, there is a bigger picture. Assertiveness is a lifestyle - part of the overall image we present to the world, and includes communication, appearance, attitude, thinking, and willingness to challenge ourselves or “step out of the box.”

Are you where you want to be in your life? If the answer is “no” or “not quite,” you may benefit from fine tuning your assertiveness skills. Identify your dreams. (It’s impossible to “proceed confidently” if you never dare to dream!)

What would your life look like if someone waved the proverbial magic wand? Some think winning the lottery is the answer, but those odds are slim. And, what good is it to win the lottery if we continue with limited thinking and self doubt?

How does one overcome the excuses and road blocks that stand in the way of dreams? First, allow the dreams to come, and examine all the reasons that prevent them from happening. Identify core beliefs behind limited thinking, and challenge faulty ideas from a lifetime of listening to the inner critics. Focus on what we want rather than what is wrong with what we have. Thoughts create reality and it is self-defeating to focus on what is wrong rather than what can be right. Learn to assert yourself and your ideas – not aggressively, but confidently – without infringing on the rights of others.

To learn more about assertiveness - check out your local bookstore, talk to people you deem to be assertive, or consider attending a class. Ellen Harris is offering a 5 week Assertiveness Class for Women. Call for details. 239-404-0862.