

Smart Social Skills Course:

Week 7 Worksheet

Exercise 1: My top thing I would like to say no to or set a limit with

Find one thing you would like to set a limit with or say no to. Or find a couple or a whole bunch.

There is room to write a bunch in the next few pages. But focus on taking action on one thing this week. If you do more, fine, but focus first on just doing one.

Do the one that is most important for you. If it feels too hard to do then try with one that feels easier.

My most important thing I want to say no to or set a limit with is:

Exercise 2: My top thing I want and would like to ask for

As with saying no, you may find couple or a whole bunch of things you want to ask for.

But focus on taking action and asking for one thing this week (and if you do more than that is good too).

You can do one that feels easy enough to take action on or ask for the one you want the most. It's your choice and the important thing is that you take some action to get started to build this habit of asking for what you want in life.

Then move on to the next section in this exercise and write down how you want to ask for it.

The most important thing I want to ask for is:

How I will ask for what want:

Follow the guidelines from this week's guide and write down your small, specific, if possible win-win request.

Then practise in front of a mirror if you like.

Follow up with visualizing how well it will go. And remember to relax before you make the request by doing the breathing + assuming rapport combination.
