

Assertiveness

Key to unlock your potential



Suresh Sivaraman



Piyush Sharma



"Assertiveness is not what you do, it's who you are!"

Shakti Gawain

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Assertiveness Mantras!

Are you living a life that mirrors your true potential? What's the impact that you create in your life, as well as in the lives of others? To what extent do you stand up and defend your interests, preferences and priorities? You might have seen folks who lament the supposed lack of choice and options in their lives. What's happening in their lives?

It's as if life has handed down a script to them, and they're expected to play along without any protest. Some of them overdo it without realizing it!

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Psychologists call this learned helplessness. Nothing can be more defeatist than people genuinely believing they are “unable” to fulfill their needs, wants and desires. They may point to circumstances, people, unavailability of right guidance and support system, and myriad constraints and trade-offs that have limited their options. Therefore, life has gone into a rut, and the only choice is to meekly accept this dull existence. Somehow pull along.

You might know several people who feign such acute helplessness. Maybe they are unable to progress well in their careers. They just can't stick with their exercise routines. Some of them are so “caught up in life's responsibilities” that there's no time to even eat food on time. Their relationships are often strained. They feel the compulsive urge to conform to norms and expectations that soon overwhelm them. To sum it up, it's a poor quality of life that they seem to be stuck with. It leads to self-doubt, poor self esteem and even self-pity. There's an overriding sense of hopelessness.

How do you disentangle yourself from all of this? Is it really possible? Or is it just about coping better with what seems to be inevitable? What are the options you can think of? Instead of these questions, are you willing to consider some more unsettling and unnerving points?

“The difference between successful people and really successful people is that really successful people say no to almost everything.”

Warren Buffett

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Do you really think there aren't that many options available? Who told you so? And more importantly, why do you put up with it? Are you worried about guilt trips? Or is it about belonging and conforming to "the way things are meant to happen"?

Have you noticed people who get stuck in an image-trap? Is that happening with you also? Or is it fine that others are also in the same boat? Do you like to take comfort in numbers? How does that help? For what?

Okay, forget all that! Just what exactly are you really after? When was the last time you spent time with such questions? And what will it take for you to unapologetically go after your dreams and what makes you truly happy? How can you assert yourself without feeling guilty? Because, assertiveness is indeed at the core of it all. It is closely related to the quality of life that you'll get to enjoy.

Assertiveness is not just about sounding and appearing tough. It is about valuing and celebrating oneself in every sense of the term. It's actually about reclaiming your power with strong conviction. And making it an integral part of your life in small and big ways. Changing what needs to be changed, but also retaining what works.

So, how does one get there? The ACT WELL framework is the way to go!

"If you choose, you can be joyful every moment of your life. It's time you made your choice"

Sadhguru Jaggi Vasudev

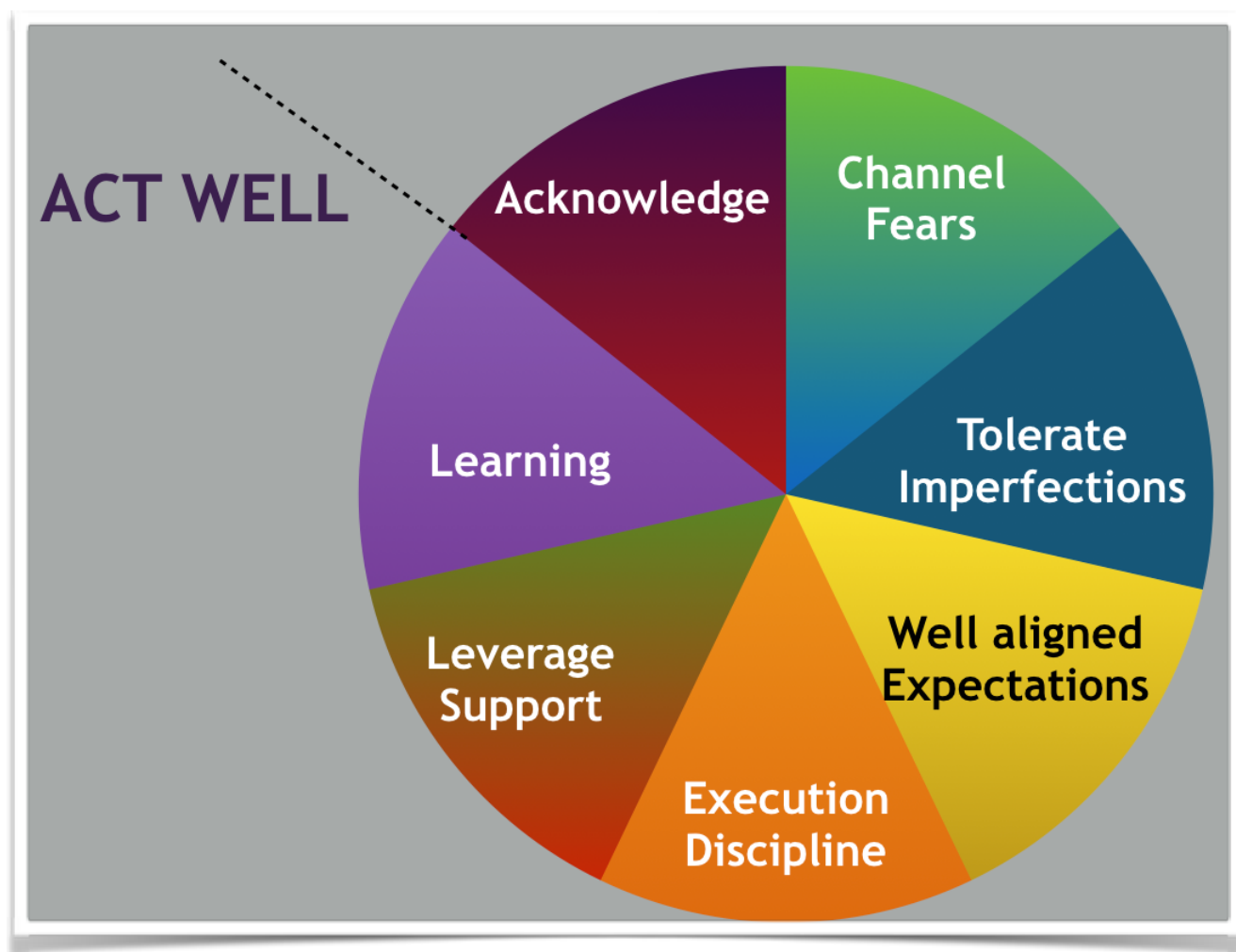
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Learn more about ACT WELL in the Practice Chart:

[Practice Chart & Notes for ACT WELL framework](#)