Assertiveness is the courage to be ourselves and show the world our likes and dislikes, our thoughts, feelings and shortcomings.
As we become more assertive, we drop the mask and show our true-selves.
"This is who I am, this is what I feel and these are my needs".

ASSERTIVENESS

01
Learn to say **NO** and stop being people pleaser

02
Making your expectation clear upfront

03
Cut out excessive apologizing

04
Take breaks, practice "I" statements and stop being dependent.

SHARMISHTHA TRIPATHI
Counsellor