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practical, not preachy

love, Louise x

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~ Courage Dear Heart ~ Worksheet 2 - October 2024

Use this worksheet to prep for your Courageous Conversation.

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1. **OUTCOME:** Know it in advance. Talk to the responsible person. What do you want? Define the solution you desire. Who do you need to speak to?

2. **HEADS UP:** Let them brace. Acknowledge your responsibility if appropriate. Establish VALUE in the relationship. Ask if this is an okay time to have it.

3. FEELINGS: Use "I" statements. What are you feeling? Disrespected? Undervalued? Scared?

4. BEHAVIOUR: Be SPECIFIC. Use exact examples of the behaviour that is bothering you without the I'm right/you're wrong. Keep it factual and super specific.

5. IMPACT: What impact is this behaviour creating? What you fear if it continues.

6. OUTCOME: Tell the other person EXACTLY what you would prefer.

7. GAIN AGREEMENT: *"Does that seem reasonable to you?"*

8. APPRECIATION: *Show appreciation for having had a difficult conversation together.*

9. CONSEQUENCES (if necessary): Spell out what you will do and if nothing changes and FOLLOW THROUGH.

Your courage is bigger than you fear: you can do this!

'A person's success in life can usually be measured by the number of uncomfortable conversations he or she is willing to have.' ~ Tim Ferriss