**Getting to Know Yourself**

***1. What are your top three values you want to meet in the workplace?***

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| **Value** | **What does it look like in behaviors?** |
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***2.) Have your values ever been compromised? If so, when?***

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| **Work Value** | **Situation** | **Desired outcome** |
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**Speak Up**

***What does \*Assertive Language mean?*** Expressing your point of view clearly and directly, while respecting others.

***3. Use assertive language to express yourself when your boundaries are compromised.***

*Using the situation and outcome from above, what you would say to approach the situation with confidence?*

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