

 **Worksheet** 

## ***Recognizing the Small Moments That Invite Honesty***

***GGC - January 2026 - Brave Conversations***

***Week 1: 1-5-26***

 **Think of a time this week when you wanted to say “no” but didn’t.**  
What stopped you? How did it feel?

 **When did you want to speak up but worried it would sound too harsh or selfish?**  
What could you say instead that feels true *and* kind?

 **What’s one boundary you’d love to set, even if it feels a little scary?**  
Why does it matter to you?

 **Create your go-to phrase for speaking your truth gently but firmly.**  
Try something like: “That doesn’t work for me” or “I’d prefer something different.”

 **How do you want to feel after a brave conversation?**  
Supported? Clear? Free? Describe that feeling.