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Intentional Life Plan

Creating Your Vision [Creating Your Vision](#)

Identifying Your Rewards [Identifying Your Rewards](#)

Chapter 9 How To Be Acknowledged [Being Acknowledged](#)

Chapter 10 How to Be Heard [Being Heard](#)

Chapter 11 How To Reclaim Your Time [Reclaiming Time](#)

Chapter 12 How To Say No [Saying No](#)

Chapter 13 How to Say 'I'm Angry' [Saying I'm Angry](#)

Chapter 14 How To Say Enough [Saying 'Enough'](#)

Chapter 15 How To Know Where You Stand [Knowing Where You Stand](#)

Chapter 16 How To Stop Rescuing and Start Supporting [Breaking The Rescue Habit](#)

Chapter 17 How To Attract The Right People Into Your Life [Attracting the Right People](#)

Bonus Worksheets and Guides

[Conscious Kindness Checklist](#) Chapter 3 What Kind of Kind are You Being?

[One Powerful Way To Make Sure You're Heard](#) Chapter 10 How To Be Heard

[The Subtle Practice Of Outlining](#) Chapter 9 How To Be Acknowledged

[Language Styles Match The Words Game](#) Chapter 10 How To Be Heard

[Master the Art of Saying No](#) Chapter 12 How To Say No

[Empowering Words and Phrases](#) Chapter 12 How To Say No

[Anger Release Steps](#) Chapter 13 How To Say I'm Angry

How To Practise Emotional Freedom Techniques Chapter 14 How To Say 'Enough'

[90/10 Percent Guideline for Self-Worth](#) Chapter 17 How To Attract The Right People Into Your Life

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