

How To Ask For What You Want With Confidence

Without Being Pushy Or Demanding And Increase Your Chances Of Getting It

The 5 Step Ask-For-What-You-Want Framework

Asking for what you want is a necessary part of life.
It will take practice but the more you do it the easier it becomes.
Follow this 5-step framework to confidently ask for what you want.



This exercise was adapted from the work of Iyanla Vanzant

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