



The 3 Stands™ of the Nurtured Heart Approach®

Stand 1: Absolutely No!

I refuse to energize negativity. I will not accidentally reward negativity with my energy, connection, or relationship.

Stand 2: Absolutely Yes!

I will relentlessly create and energize positivity and success. I'm going to energize and nurture first-hand experiences of appreciation, recognition and acknowledgement.

Stand 3: Absolutely Clear!

I will set and enforce clear limits and clear consequences in an unenergized way. I will always provide a true consequence.