



# Ask for What You're Worth



Asking isn't pushy or rude — it's a superpower. A bigger role, a fair turn, a yes you really want... here's a simple 4-line script to ask with confidence (and actually get it).

## THE CONFIDENT ASK

### Your 4-Line Script

Fill in the blanks, take one deep breath, and say it like it's totally reasonable — **because it is.**

#### 1 "Hey, can I talk to you about something?"

Warm and calm beats blurting it out.

#### 2 "I'd like \_\_\_\_."

Be clear and specific. No "maybe," no "sorry."

#### 3 "Here's why it's fair: \_\_\_\_."

Your effort and ideas **are** your worth — name them out loud.

#### 4 "What do you think — can we make that work?"

Invite a yes, and leave room to meet in the middle.

### See it in action

"Hi Coach — can I talk to you for a sec? **I'd like to try captain this season.** Here's why it's fair: I'm at every practice, I help the new players, and I keep the team hyped. What do you think — could we give it a shot?"

*Pro move: skip "sorry, this is probably silly, but..." — don't shrink your ask. 👍*

This is just one of the fun things we do 

Ready to ask like a boss? Come learn with leadHER! 

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