

Closed Legs Don't Get Fed - Unlocking Opportunities with the Power of Assertiveness

Have you ever found yourself missing out on opportunities simply because you were too afraid to speak up or take action? We live in a world where assertiveness has become a crucial skill for success, both personally and professionally. The saying "closed legs don't get fed" is a powerful reminder that if we don't ask for what we want, we are unlikely to receive it.

The Art of Assertiveness

In order to understand the concept behind "closed legs don't get fed," we need to dive into the art of assertiveness. Assertiveness is about finding the right balance between passive and aggressive behavior. It is a communication style that allows individuals to express their feelings, thoughts, and needs while respecting the rights of others.

When we consistently hold back our desires, ideas, or opinions, it can result in missed opportunities, unfulfilled dreams, and a lack of personal growth.

Assertiveness enables us to break free from this pattern and unlock a world of possibilities.



Closed Legs Don't Get Fed by Reds Johnson (Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
File size	: 3045 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 110 pages



Closed Legs and Missed Opportunities

Imagine you have a brilliant idea that could potentially revolutionize your workplace. However, due to a lack of assertiveness, you stay silent during team meetings and discussions. Your idea remains dormant within you, and eventually, someone else suggests a similar concept, receiving praise and recognition for their contribution. By keeping your legs metaphorically "closed," you have missed out on an opportunity to showcase your talents and make a significant impact.

The same logic applies to various aspects of life. Whether it's asking for a promotion, negotiating a higher salary, or pursuing a romantic interest, without asserting ourselves, we risk remaining stagnant and unfulfilled.

Breaking Free from Fear and Insecurity

Many individuals struggle with assertiveness due to fear and insecurity. They worry about potential conflicts, rejection, or criticism. However, by succumbing to these fears, we limit our own growth and potential. It is important to remember that assertiveness is not synonymous with aggression or disrespect. It is a tool that enables us to create win-win situations, both for ourselves and those around us.

The key to breaking free from fear and insecurity lies in building self-confidence and developing effective communication skills. By practicing active listening, choosing the right moments to express our thoughts and emotions, and consistently asserting our needs, we can gradually overcome these hurdles.

Embracing the Power of Open Legs

Opening our legs metaphorically means embracing assertiveness and stepping into the possibilities that await us. Whether it's speaking up in a meeting, advocating for ourselves in negotiations, or taking proactive steps towards our goals, assertiveness allows us to unlock opportunities that would otherwise pass us by.

When we actively communicate our desires, whether it's expressing our needs to our romantic partner or confidently presenting our ideas at work, we create a positive and assertive image. People are more likely to respect and consider our viewpoints when we demonstrate self-assurance and assertiveness.

Balancing Assertiveness and Empathy

While assertiveness is essential, it's also crucial to balance it with empathy. It's important to recognize that assertiveness should not come at the cost of disregarding others' feelings or needs. By practicing active listening and showing empathy towards others, we can build stronger relationships, both in personal and professional settings.

Assertiveness and empathy can go hand in hand. By understanding and acknowledging others' perspectives, we can effectively communicate our own desires without causing unnecessary conflicts or tensions.

Assertiveness as a Lifelong Skill

Assertiveness is not a skill that can be mastered overnight. It is a continuous learning process that requires practice and self-reflection. As we fine-tune our communication style, we will gradually become more comfortable expressing ourselves and advocating for our needs.

Remember, closed legs don't get fed. If we don't assert ourselves and ask for what we want, we are limiting our own potential and missing out on countless opportunities. Embrace assertiveness, break free from fear and insecurity, and unlock the doors to a more fulfilling and successful life.



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CHELSEA WHITE grew up rich but the cost to maintain the spoils of her lavish lifestyle came at the price of following her parents' strict blueprint. Choosing to do away with their rigid plan, she rebels and finds herself swallowed up by the streets she was shielded from but now loves.

The thrill of making and breaking her own rules and doing it all her way has Chelsea on a high.

But what happens when the allure of the streets shows its tarnished colors and smooth sails turn into turbulent waters? Will the prodigal daughter return home, begging on her knees?

Or will she live by the prostitute's code that CLOSED LEGS DON'T GET FED and stand on her own two feet.



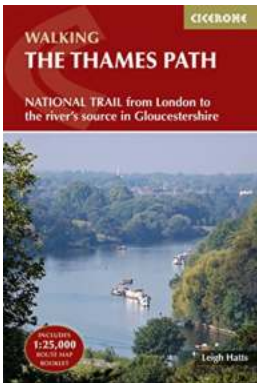
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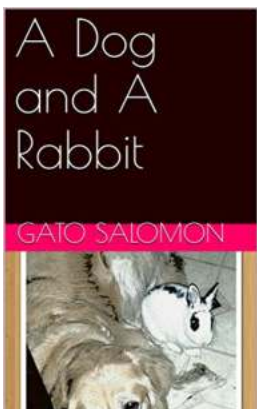
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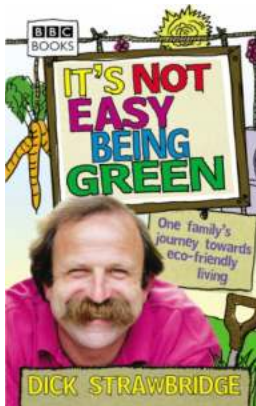
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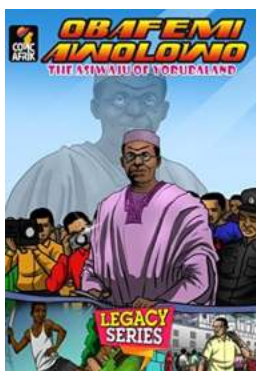
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