

BASED ON 20 YEARS OF PROFESSIONAL COACHING EXPERIENCE

# Are You Too Nice?

How to Gain Appreciation  
and Respect



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*“To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself.”*

*— Thich Nhat Hanh*

*“You are more powerful than you know; you are beautiful just as you are.”*

*— Melissa Etheridge*

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## Are You Too Nice? Seven Ways to

### Gain Appreciation & Respect

Leo Durocher once remarked: "Nice guys finish last." Do nice people really finish last? Sometimes. It depends on the type of "nice" one exudes. Some nice people command appreciation and respect, while others are used and abused. If you consider yourself a "nice" person, which type are you?

Here's a quick self-assessment quiz:

- Do you have a hard time saying "no" to others' requests, even when they're unreasonable?
- Do you often find yourself under-appreciated and taken for granted?
- Do you believe you're being taken advantage of at work or in your personal relationships?
- Do you let people give you thankless tasks they don't want to do themselves?
- Do you often go along with what others say and want, even if you feel differently deep down?
- Do your kindness and self-giving often go unreciprocated?
- Are you afraid of being rejected if you don't go along with certain people's whims and demands?
- Do you take care of others first and yourself last?

If you answered "yes" to any of the questions above, you could be too nice, at least in certain areas of your life.

To be sure, there's nothing inherently wrong with being nice. The world is a better place with more kind hearted and generous people. At the same time, it's important to be nice in a way that's healthy for everyone involved (especially you), so that you're not consistently holding the short end of the stick. Below are seven keys to gaining appreciation and respect.

There's more to this excerpt!

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