

# Say These 7 Sentences And Get the Raise

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A warm, subtly assertive  
script to help you ask for  
a raise without overthinking.

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# Introduction

## Why Asking for a Raise Feels Hard

Asking for a raise isn't difficult because you're unqualified or unworthy.

It feels hard because your brain labels the conversation as a threat.

It feels difficult because you don't want to:

- sounds pushy.
- trigger conflict.
- be judged.
- choose the wrong words.
- damage the relationship.

So you overthink.

You soften your voice.

You freeze.

You talk yourself out of speaking up

This is not a confidence flaw.

It's your brain protecting you.

The solution isn't hype or pep talks.

The solution is clear, grounded language that feels authentic to you.

Confidence naturally rises when your words feel safe, warm, and strong.

This guide gives you exactly that.

# CHAPTER 1

## The Confidence Mistake Everyone Makes

Most people believe confidence is about:

- Being boldpep talks
- Being fearless
- Being loud
- “Hyping yourself up”

But research shows that confidence is not a feeling.

It's a **predictable outcome of clarity + preparation.**

The confidence that actually helps you ask for a raise is **clarity.**

Clarity removes fear.

When you know exactly what to say:

- you stop rambling
- you stop overthinking
- you stop guessing their reaction
- you stop feeling small
- you sound calm, warm, and certain

Confidence isn't an emotion you summon.

It's the byproduct of having simple, reliable words ready.

Now let's give you those words.

# CHAPTER 2

## Say These 7 Sentences (The Simple, Powerful Script)

These 7 sentences work because they're:

- warm
- professional
- assertive
- respectful
- assertive
- impossible to misinterpret

Say them calmly, slowly, and without rushing.

### ★ THE 7 SENTENCES

1. **“I’d like to talk with you about my current compensation and the impact I’ve been making recently.”**
2. **“Over the past few months, I’ve taken on additional responsibilities that have meaningfully contributed to the team.”**

3. **“Based on the value I’m providing, I’d like to discuss aligning my compensation with my current level of contribution.”**
4. **“Here are a few recent results I’m proud of.”**
5. **[Share 2-3 short bullet points of evidence.]**
6. **“Given these outcomes, I’d like to request a salary adjustment.”**
7. **“What are the next steps to move this conversation forward?”**

These sentences work because they are”

- Respectful
- Factual
- Non-emotional
- Direct
- Forward-moving.

These sentences eliminate guessing and keep you in warm, confident professionalism.

This script is your confidence anchor.

# CHAPTER 3

## If They Push Back: What to Say

Instead of panicking, use these calm responses.

Most people panic when they hear:

- “Not now”
- “No budget”
- “We need more proof”

Instead of panicking, use these responses...

★ **Pushback #1: “Now is not a good time.”**

**“I understand. What timeline would make sense for us to revisit this conversation?”**

★ **Pushback #2: “We don’t have the budget.”**

**“Thank you for letting me know. What would need to happen for this to be possible in the future?”**

★ **Pushback #3: “You need to show more results first.”**

**“I appreciate that guidance. Which specific outcomes would you like me to focus on so I know exactly what to deliver?”**

Pushback doesn't mean no.

You're not arguing...you're gathering clarity

Clarity moves you closer to yes.

It means **gather information and position yourself for yes.**

# CHAPTER 4

## How to Prepare in 10 Minutes\*\*

You don't need a huge presentation.

Just complete three small steps:

### ✓ 1. List three wins

Keep them short, factual, and impact-based.

### ✓ 2. Know your number

What raise percentage or salary range do you want?

### ✓ 3. Practice your pacing

Slow your speaking rate by 10%.

That alone makes you sound:

- more thoughtful
- more confident
- more senior
- more credible

10 minutes is enough.

# CHAPTER 5

## Say Less, Earn More: The Power of Silence

Most people talk themselves out of a raise.

They over-explain, over-apologize, and over-justify.

Your power comes from:

- calm tone
- simple sentences
- steady pacing
- letting silence sit

Silence is not a gap.

Silence is a **strategy**.

It signals confidence.

Let it work for you.

# CHAPTER 6

## The Follow-Up Sentence That Seals the Deal

After the meeting, email this:

**“Thank you for taking the time to talk with me. Please let me know what next steps look like on your end so we can keep things moving forward.”**

This sentence shows professionalism and initiative — without pressure.

It prevents your request from getting lost.

# Chapter 7

## Your Next Step

You now have:

- The exact 7-sentence script
- The pushback responses
- The follow-up line
- The 10-minute prep method

If you want to take the next step—and prepare yourself like a true professional—you'll want the complete confidence system.

# The Anti-Overthinking Raise & Promotion System

Inside, you'll get:

- A full preparation checklist
- The Raise Conversation Flowchart
- Advanced pushback strategies
- Email templates for before/after the meeting
- Evidence-builder worksheet
- Confidence pacing exercises
- And the warm, assertive communication framework

This system makes you:

- Calm
- Clear
- Confident
- Impossible to overlook

If this guide gets you ready...

This system gets you results.

Click the link below.