

The Power of 'NO'

Do you wish that you weren't 'put upon' by others quite so much?

Are you unable to say NO to people, invitations, and requests to do things for others?

On a scale of 1-10 how stressed and overwhelmed do you feel when asked to do something you don't want to do?

When you say Yes to something you don't want to, what of your own goals, dreams or priorities will suffer?

1. What in your life do YOU need to say No to? – just write down whatever pops into your head.
2. What currently stops you from saying NO?
3. When is it ok to say No? – When you're stressed or overwhelmed / when you are already doing to much / when you're tired or sick
4. You always have a right to say No
 - When it's someone else's issue
 - When you feel taken for granted
 - When it's something you don't want to do
 - When there's something you'd MUCH rather do
 - When it takes away from your values and wishes
 - When you deserve or need some time to yourself

What are your beliefs about saying No?

People who say No are

People who don't say No are

People who say Yes are

People who don't say Yes are

The 'Yes' trap

Why do you say yes when you would rather say no?

How do you benefit by saying yes? Understanding this is essential to saying No and valuing your own goals, needs and time.

- When I say Yes I feel
- When I say Yes I want other people to think I am
- By saying Yes, what am I saying No to in my own life?
- When I say No I feel
- When I say No I worry other people will think I am
- If I said No I could say Yes to other things in my life (what is truly important to you?)
- When I say Yes, but really want to say No I feel
- My biggest fears about saying No are

The Other Know

How can we say No assertively when we don't know WHY we're saying No?

In order to say No effectively you need to be in touch with what's important to you – to Know your priorities in life

- What is MOST important to ME in life?
- How would I like to spend MORE time?
- Where would I like to spend LESS time?
- What is my top priority this YEAR?
- What is my top priority this MONTH?
- What is my top priority this WEEK?
- My top 3 priorities in life right now are:
- How am I meeting my Top 3 Priorities in life right now?