

Ep 38: How to Get Good at Saying NO

First step is to stop saying "yes"



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- Ó^Á&^æ!Áæ } äÁ@ [] iÁá-ä! } .
 - Say "no" and then stop talking. Give the "no" time to land.
 - Resist the urge to qualify it or justify it. They will just use this against you to try and convince you.
 - Don't let them turn your "no" into a "maybe" but pressuring or guiltng you.
- Say "yes" when you want to.
 - The great thing about saying "no" is it opens up space to say "yes" to things that really matter and give you fulfillment.
 - Use the principles and criteria to filter as we discussed above.
 - Don't sacrifice yourself for others. It will eventually erode the relationship as resentment grows.

Areas to address immediately are:

1. _____
2. _____
3. _____

Action Plan:

Action	Timing	Progress	Complete