The Power Of No

How to Say NO Without Feeling Guilty

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Introduction

There comes a time when we have to **stand up for ourselves.**

You feel taken advantage of for too long. You've become **that go-to person** for every project and committee.

You've become targeted because everyone around you has found out your secret: you can't help but say **yes.**

…even when you don't want to.

Don't get taken advantage of another minute. It's time to take charge of your life.

Rather than thinking of 'no' as negative, realize the positive energy packed into this two-letter word.

Saying 'no' is a powerful thing that will change how you think about your life – and yourself.

My name is **Marlene Wagner, AKA Coach Marlene.** I am a life coach, licensed and certified for nearly 25 years.

I wrote a book a few years ago **for women that find themselves single again** after a marriage or relationship has ended.

I saw many discouraged women **unsuccessful in their search for a healthy relationship**. Women are confused in today's dating world.

*To learn more about the book **"Attract Love at Any Age"** go to Amazon*

http://a.co/gu5yUSk *or contact me directly for a signed copy.*

When clients come to me for help, it's for something specific that's presenting a challenge or challenges in their lives.

There is almost always **an underlying problem** to resolve whatever issue a client has wrestled with, sometimes for years or most of their lives.

Helping a client identify the reason can often quickly achieve results with the behavior

My mission is to educate, enlighten and help as many people as possible with human behavior struggles.

What is so amazing is how easily a willing spirit can change a behavioral problem.

I don't say "a willing spirit" loosely. There may be another motive to hang on to a problem. You, as my reader, examine your reason for changing a problem.

May there be a payoff in hanging on to the behavior?

My subject for this eBook is **learning how to say 'no.'**

It's predominantly a woman's problem as most men have no problem saying 'no.'

Women have a different kind of conditioning often taught early in their childhood to develop this kind of behavior.

If you're an individual saying yes to the many demands of others, you want to say no but don't know-how. I will show you how.

I am here to teach you **how easily you can turn it all around and get your life**

back.

Start doing the things you want to do and not the many things you said yes to when you didn't know how to say no!

In this book, you will learn when to say 'no' and how to say it in a way that keeps your relationships intact.

You'll become comfortable with saying 'no' in a way that will stay with you for the rest of your life.

It's a fantastic journey you're about to embark on. Let's get started with the power of **no**.

The Power of "No"

'No' is naturally thought of as a negative word.

When we're young, we are taught to avoid the word 'no.'

As adults, **we use the word to refuse things, turn down opportunities,** and declare ourselves unyielding and unmoving.

We are still often told not to use it.

- *'Yes' is shown to us as bold and energizing, making you open to possibility and opportunity.*

- *'No' is a slammed door, and the house is locked.*

- *'Yes' is the open skies and the wide-open spaces of the world at your disposal.*

- *'Yes' means we're amenable; it makes us likable. It is welcoming and comfortable*

- *'No' is the greedy friend who will never share. It turns us away.*

It's a pretty grim picture.

The sad thing is, most of us go through life never realizing what we've been taught doesn't always serve us very well.

'No' is just a boundary line.

It defines the lines between us and the world. It's what protects us and makes us

stronger. **It's the word that holds control of our destiny.**

With 'no', you set the standard for how you wish to be treated and how much you will allow others to dictate your life.

'No' is our possibility and our opportunity for growth, and **it is the way that we get things done.**

How does 'No' do all that and more?

It Saves Your Time

The biggest reason to use 'no' is because of the time wasted when you don't.

We all only get 24 hours a day, and it's up to us how we use them.

By saying 'yes' to every request, the problem becomes apparent immediately: **you just run out of time.**

Your schedule gets so packed that it can feel like it's impossible to breathe, much less get any of your work accomplished.

Saying 'no' puts your day back into your own hands. It isn't about being selfish.

It's protective of one of your most valuable resources – your time.

That's not to say you can't spare an hour for a friend or take on that extra project, **but you should be the one to decide if that's a valuable use of your day or not.**

How do you go about doing that?

You start with an understanding of where your hours go and how you spend or intend to spend your time.

You begin by setting a To-Do list the night before. It establishes how you wish to use your time for the day before you even wake up.

It's much easier to protect a schedule that's already in place than it is to try and guess how much time you have for extra requests.

From there, it's a matter of protecting your time. **Be aware of the hours in your day when you're asked to do something.**

If you're not sure if you have time for something new or even want to do it, there is nothing wrong with asking for some time to consider it.

Doing so gives you time to check your schedule and see if you have room for their request or something you don't want to do.

It Sets Expectations and Avoids Exploitation

When you say 'yes' to everything, then anything goes.

Being open to accepting requests means that **people know they can ask you for the moon, the sun, and a half dozen stars.**

As it becomes apparent that you're the type to say 'yes,' **it invites exploitation of the worst kind.** Someone who always says 'yes' is easy to be taken advantage of.

Sadly, human nature dictates that this kind of weakness will be rooted out and used relentlessly by those who are not as kind or even as ethical as the rest of us.

Most of us won't even realize that it's happening until it's too late.

How do you know when you're being taken advantage of? Check your feelings.

If you're feeling resentful, it's usually a pretty good indicator that you're not appreciated for your work.

Be alert for the repeat offenders, those who come at you time and again with requests, one after another.

In saying 'no,' you take back those expectations and the power that comes with them. **You start with setting your boundaries, then maintaining them.**

If you become known as that person who won't work on Saturday because that's your day with the family, eventually, people will just quit asking.

They will come to realize that the answer is always going to be 'no' on Saturdays.

What's more, **this becomes part of who you are.**

The world around you becomes aware of your boundaries and knows that you're a person who sticks to your word.

If you say 'no' to certain things, then different expectations begin to form.

It becomes evident that there's no point in even asking you for things if you're going to say 'no' anyway.

It further protects you from frivolous time-wasting requests.

It also leads to being respected and admired for your integrity and always sticking to what you believe in. **You will be viewed differently.**

It Helps Avoid Being Overwhelmed

As mentioned before, the more you say yes, the more packed your schedule gets. **Having this much work (or even leisure activity) gets overwhelming very fast.**

You'll find you tend to say 'yes' to the point where your downtime suffers.

Before you know it, **you can't even remember when you last had a minute to yourself,** and that's not healthy.

The problem with living under this kind of constant stress is that sooner or later, your body will tell you that enough is enough.

It's where you start seeing problems.

Weight gain from grabbing too many quick meals, _high blood pressure_ from constant deadlines, _poor sleep at night;_ all because **you're worried about how you're going to get it all done.**

All this adds up very quickly. Keep it up, and you can be assured of a quick trip to the doctor or even the hospital at some point.

While that's guaranteed to clear your schedule, it won't be in the way that you want.

So how do you get on top of things? You start by protecting your commitment level.

When you were a child, **your mother may have criticized you for putting too much food on your plate.** You might have been told that "Your eyes are bigger than your stomach."

It's a great saying that reminds us **too often; we overestimate our abilities.** Only this time, we're not talking about food, but about the level of work you can take on.

We forget to build in that 'cushion' just in case the project takes a little longer. Or we convince ourselves that we can do the project in less time than we should.

We think we have time in our schedule for that extra project when our To-Do list is trying desperately to tell us otherwise.

Either way, you wind up being committed to more than you can manage. How do you solve this?

You start by cutting yourself some slack.

Suppose you want to take on something new – great! But be sure to be reasonable in the amount of time that it's going to take.

What will you have to give up to make time for the request?

Sit down and evaluate this honestly. Is this a weekly commitment? Daily? What kind of deadline is already attached?

Is that feasible? Estimate how long you think a project will take, and then **build in a little extra time just in case something comes up.**

Also, be reasonable about your current workload. If you already have more than enough to do, then it's probably time to say 'no.'

After all, you can't do everything, no matter how hard you try.

It Prioritizes Yourself

It might be the most challenging concept to grasp for some of us.

To understand the importance of taking care of your own needs first, **you'll have to accept that you have value and that your needs are essential.**

If you have trouble wrapping your mind around this, you might be a "People Pleaser."

People pleasers tend to put the needs of others before their own.

How does this happen?

A lot of this stems from our childhood. Somewhere along the way, **we're taught that thinking about ourselves first was selfish.**

We also learn doing things for other people makes them happy with us.

This need to please became so ingrained in us that we carried the concept into adulthood.

As adults, we forget that it's impossible to take care of anyone else's needs if our own needs aren't met first.

You can't work if you're so hungry that you're lost in a brain fog.

You're never going to meet your deadline if you're so exhausted that you can't finish that report.

If you forget to exercise, **eventually, your body will let you know that it doesn't have the energy for one more commitment.**

You have to realize that you can't give your best when you aren't at your best

It's where you need to learn how to say 'no' for so-called selfish reasons.

You decide what you need to do to protect yourself to answer yes to the things that matter. It means something like:

- *Not letting random requests interfere with your workout regimen.*
- *Making sure you don't skip meals to honor a request*
- *Ensuring that you do get enough sleep and downtime*

But you can't stop there. While **physical health is important, your mental health is equally so.**

Doing things that tear down your self-esteem and send you into a spiral of self-hate and resentment will eventually become more significant issues.

It's nearly impossible to be productive when you're struggling emotionally to get through the day.

So, what can you do?

You start saying no. You say 'no' to things that will leave you burned out and exhausted emotionally.

Some people or projects are drains on your mental resources. You're no good to anyone else if you neglect to protect your mental health.

If working with Someone is bad for your mental health, it is seriously time to say 'no' quickly.

It's perhaps one of the most important boundaries you'll ever set and probably the one that will give you back the most power over your life.

It Prioritizes People you Care About

Why are you saying 'yes' to people that don't even matter?

Here's one of the worst problems about saying 'yes' all the time – we get indiscriminate in who we say 'yes' to.

It means that every request that comes along becomes equally important.

Should that be the case? …no!

Saying 'no' means taking back the ability to decide who we want to work with and who we want to support.

It means not everyone is equal in importance in your life, and you get to decide who is – and who isn't. *It's an amazingly powerful feeling.*

You start by establishing more boundaries (are you sensing a theme?). When you get a request from Someone, ask yourself **who is doing the asking.**

Is this Someone you like and respect? Can you work with them regardless?

Sometimes you're not given a choice of who you work with, but you might want to look into other options if you have some flexibility.

Working with people you don't like is very draining emotionally – and physically. You'll get tired faster and won't be as productive.

When a request means you might have to deal with a difficult person, a solution might mean offering a 'no' but with an alternative.

For example: Maybe you don't get along with some of the other parents in the parent-teacher organization at your child's school.

You might decide that serving on a committee with those individuals would be too much of a headache.

But you have no problem with volunteering with the kids on Sports Day.

It creates a compromise that you can live with and still allows you to be part of your child's life at school.

Sometimes you're just going to have to say 'no,' though.

When that happens, **keep in mind saying 'no' to the people you don't want to work with frees up time** and resources so you can say 'yes' to the people that do matter to you.

It Lowers Frustration

Frustration is a part of life. We all have to deal with it from time to time, but *what if we could reduce it by simply saying 'no?'*

Nothing is quite so frustrating as being taken for granted.

After a while, **you can't help but think that if you didn't jump up and say 'yes' to everything** that no one would ever see you at all.

Worse, when you say 'no', you tend to prove that very point. People who needed

us just seconds ago **forget we exist after hearing 'no.'**

Sometimes no matter how many times you've said 'yes' to Someone else, **you're still the one hearing 'no' when you need something done.**

The quickest way to lower our frustration is to cut the dead weight out of our life.

It means getting rid of those projects and people that you find frustrating.

Why are you putting yourself through emotional distress for Someone who doesn't appreciate you in the first place?

Start by looking at what is asked of you. How does the request make you feel?

If you've got resentment and frustration building before you so much as open your mouth, **it's time to say 'no.'**

Those feelings are only going to build and grow worse over time. The longer you're on the project, the more you're likely to regret it.

Saying 'no' now will eliminate all that frustration right from the start.

The interesting side effect of saying 'no' is that **you're more apt to be noticed and respected when you do.**

When you say 'no,' you're telling the world you have value and worth, and you respect yourself enough to put your needs first.

Not to mention, **the very fact that you're able to say 'no' once in a while confidently gives your 'yes' that much more value.**

After all, who would you rather hang out with – the person who says yes to absolutely everything or the one who has chosen to say 'yes' to you alone?

It's no contest.

It allows us to Say Yes to the Critical Things

As mentioned before, there truly is only so much we can do in the day.

It all boils down to the need to be in control of what we do and why. We should be able to pick and choose the things that matter the most to us.

How do you do that?

You start with a clear understanding of what you hope to gain out of life. What are your goals? Where do you want to be in a year? In 3 years? In 5 or 10?

Use those ideas as a template for the things you say 'yes' to.

If something doesn't serve your purpose somehow, if it doesn't help you reach your goal or satisfy you in some other way, **then it's up to you to say 'no.'**

You want that next thing, that beneficial thing that comes along to be said 'yes' to. It is just that easy.

Does everything have to be career-oriented, though? Not in the least.

We have personal goals as well.

Your kids may be going off to college soon. Your goal right now could be to spend some quality time with them before they go.

Saying no to frivolous requests gives you more time for family activities.

Also, when evaluating the things that matter, you want to keep in mind things that get you excited.

What captures your interest?

If you have a fascination for local politics, a love for books, or a desire to save the whales, you need to figure it into your plans as well.

Saying 'no' might mean a chance to start a book club. Or a petition. Or even to run for local office.

None of this would be possible if you'd already overbooked yourself by saying 'yes' to pointless busy work.

Saying 'no' frees us up to save all of our resources, our time, and our energy for those things that we **want to do most.**

It puts the power squarely in your hands, and you once again **become the master of your fate.**

In the end, saying 'no' is you at your most powerful.

Only Someone who is confident, healthy, and capable can say 'no' to organize their life in the most beneficial ways for themselves.

Choose how you spend your time. Then decide who you want to spend it with.

By taking control of your desires, your needs, and your health, you are using 'no' to create a *version of you* that's the very best.

It sounds exciting, doesn't it?

Keep reading to find out how to recognize that the time has come to say 'no.'

When to Say "No"

Knowing that 'no' is powerful and knowing when to use it are often two very different things.

In the last section, you learned why 'no' is so powerful and essential, and now it's time to put it into practice.

It's often easier said than done. **You can't say 'no' until you understand when it's most advantageous to do so.**

Let's face it; you can't just say 'no' to everything. If you do that, you will stunt your ability to grow and change.

Besides, some things **you will want to do, and others, you'll need to do** because of the commitments to your job, family, and friends.

It means choosing carefully just where you want to say 'n'o so that you're using it to your best advantage.

Below, I've compiled a list of when to say 'no' - to use as a reference.

While this doesn't represent every situation, **it does give you a guide that will prove helpful as you start to take back the power and control of your own life.**

While some of these items might seem self-explanatory, let's discuss them each in more detail to be sure.

This list will surely help clear up any lingering confusion about just when to say 'no.'

When it isn't Your Responsibility

It's all too easy to fall into the trap of riding to the rescue, especially when you're hoping to prove yourself at work or in a specific relationship.

The problem is, **not everything you're saying 'yes' to is your responsibility in the first place.**

Quite often, you shouldn't even have been the one to jump in and get involved.

When asked to do something, the first thing you have to do is **ask yourself whether you're the right person for the job.**

It might be Someone else is better for the job. More than likely …It was their job to do it in the first place.

When you are Already Too Busy

Benjamin Franklin said, "If you want something done, give it to a busy person."

While this holds a grain of truth, if you're already swamped with things to do, then chances are you don't need anything else on your plate right now.

The best way to figure out if you're too busy is to **take a hard look at your schedule. Do you have room for one more thing?**

It's going to involve some brutal honesty. Ask yourself just how long it will take and figure out how that coincides with your current schedule.

Don't underestimate either! *We tend not to allow ourselves enough time to do things,* so we might be = already overworked and not even know it.

When it's a Negative Drain on Your Resources

We often forget we only have 24 hours a day, and some need to be spent sleeping.

Evaluate your resources right now. How many hours a day do you dedicate to work? What about family or friends?

What about downtime for yourself?

When asked to take on something new, it's easy to forget you're going to take away resources from somewhere else. **Can you afford it?**

For example, if you consider giving up an hour of sleep or skipping a meal to do something, you're in the danger zone.

Taking away from necessary resources you need to be healthy and happy is never a good idea.

Neither is giving up time in a day to do something that's going to leave you exhausted.

Anytime you say yes to something that negatively impacts your life, it's a bad idea.

When it isn't Important to You

What Someone else thinks as crucial might not be all that important to you.

For example, getting involved in Someone's political campaign when not invested in that candidate will never go well.

If you're trying to do something that you're not emotionally invested in, it's nearly impossible to put forth your best effort.

What's more, you might be taking it away from Someone passionate about the cause by taking on the job.

The solution? *Say 'no' whenever you're asked to jump into something you don't care about.*

When you Feel Like you are Being Taken Advantage Of

Say 'yes' so many times in the past; the problem is that now everyone expects a 'yes' when they come to you.

Unfortunately, this tends to encourage a certain kind of person to take advantage of the situation – which they do, as often as possible.

How can you tell if Someone is taking advantage of you? Go by your gut feelings in the situation.

If Someone is asking something of you and you immediately feel repulsed, upset, or resentful of the offer, then **the chances are that person is taking advantage of you.**

It's time you need to learn to trust your instincts. Anytime you feel taken advantage of by a request, say 'no.'

It's your cue to get out of a situation before it's too late.

When it's Something That Makes You Uncomfortable

It dovetails in with the last point but with a slightly different take.

Not every situation that makes you uncomfortable involves Someone taking advantage of you.

Some requests are just creepy or feel wrong.

Again, trust your instincts. If something feels 'off,' then it usually is. Just like the last point, say 'no' and run.

When it's Something that Goes Against Your Core Values

You've been passionate about the environment for a long time. Someone comes to you and wants you to be part of a political campaign.

The campaign is for a candidate that has proven that they don't care about the environment at all.

In a situation like this, it's easy to see you're asked to do something that goes against what you believe in.

However, not every situation is this cut and dried.

Before determining if a request compromises what you believe, you need to know what you stand for.

You can accomplish this by **defining your values and sticking to them.**

If you're not sure that something you're asked to do means a moral compromise,

then ask for more information.

If you are still unclear, **ask for some time to think it over** so you can research that question for yourself.

If it turns out to be something on the wrong side of the fence from where you are, then it's time to say 'no.'

When it Hurts Someone, you Care About

It should go without saying. Anytime you're asked to do something that in any way hurts Someone you love, it's time to say 'no.'

Nothing is worth **the betrayal and hurt that friend or loved one will experience** when they find out your involvement – **and they will find out.**

When to say 'no' doesn't have to be complicated. Just remember not to overthink things.

Most of "saying no" is about having clear boundaries and ensuring that no one crosses them without your permission.

Where do we go from here?

*With a pretty clear idea in your head about when and where you want to use the power of 'no,' it's time to learn **precisely how to do it.***

How to Say "No"

It's the most challenging part of the whole concept of saying 'no.'

Most people aren't comfortable with saying the actual words. If you struggle to say 'no,' it likely comes down to one of three reasons:

1. *You're afraid of looking bad.*
2. *You don't like letting people down.*
3. *You hate conflict.*

Saying 'no' becomes a whole lot easier when you realize that people aren't thinking about you as much as you think.

That might seem a little harsh but keep reading. It's not as bad as it sounds.

Most people who ask for something expect a 'no' even though they're hoping for a 'yes.'

Once they hear 'no,' **they move on** to the next person on their list.

You don't look bad. You haven't let anyone down, and unless you're dealing with a particular kind of individual, there's no need to expect any conflict at all.

Even in the worst-case scenario, any conflict that does arise will be minimal.

That said, knowing this doesn't lessen the anxiety. **It's why knowing how to say 'no' can go a long way toward making this process a whole lot easier.**

Here are some quick methods that have proven to work very well when it comes time to say 'no.'

Be Quick About It

If the thing you're asked to do is something you immediately know you don't want any part of, _then there's no reason to make anyone wait for an answer._

Just say 'no' quickly and be done with it.

That doesn't mean you shouldn't be polite about it, but there's no need to make endless excuses either. **Just a simple 'no,' thank you will suffice.**

What do you do if they press for more details?

That depends on your audience, but even that should be kept simple. **"I'm busy that day" or "I have too much to do"** is all the explanation they need.

Be Honest – Don't Lie

The worst thing you can do for all involved is to come up with an elaborate excuse.

For one, _lies are almost always found out._ For another, keeping your lies straight just gives you something else to worry about.

Just be honest – but not brutally honest. Saying, "No, I won't go because quite honestly I don't like you" might be a little too much.

But saying, "No, I can't go, but thank you for asking" is sufficient.

You don't need to say anything else. Less is more.

Ask For More Time

Sometimes you know you want to say 'no,' but you can't put into words just why. It's the ideal moment to say, *"I'd like to sleep on that" or something similar.*

It allows you to delve a little deeper. Maybe you need to check your schedule or do a little more research.

Do what you need to do to figure out why you're saying no.

A few things to keep in mind: don't take too long to decide as that's impolite and even wishy-washy.

When you finally do say no, again, **keep it simple.** There's no need to go back over your long decision-making process.

The time was to satisfy you – not them.

Suggest an Alternative

If you're feeling terrible about saying no – it might be this was something you wanted to do.

If you didn't have room on your schedule, then help the asker **find the alternative.**

For example, you might offer to do it later, when you have time in your schedule.

If it turns out that **there was a deadline on this offer and they really can't wait** for you.

You can suggest Someone else who might be the perfect fit for the project.

Show Gratitude

A 'no' always sounds better when you remember to use it with an expression of thanks.

 "It's nice of you to ask, **but I'm afraid I'm not available that weekend**" sounds so much better than "I'm not available that weekend."

Again, be sincere in your expression.

It's a special tool to use when.

You want to avoid burning bridges with that individual because *you want to work with them sometime in the future.*

Don't Over Apologize.

Anytime you apologize, you're putting yourself in a weaker position.

It doesn't sound authentic. Like there may be another reason other **than the one you'd already given.**

"I'm sorry" tends to sound wishy-washy, like you don't regret not being able to say 'yes.'

Use it sparingly for the times you may genuinely regret not able to say yes.

Express your 'no' in a firm and confident tone of voice. Don't be sorry, don't express regret. Just say 'no' in simple terms.

If the person still keeps asking, then **express 'no' as many times as it takes** to get the point across.

Keep in mind that you can always walk away, *especially if Someone is badgering you.*

Soften your Language

'No' is about being in control, not about expressing dominance.

There's a fine distinction. When saying no, be kind and respectful.

Try the 'sandwich approach' by **saying something positive, saying no, and repeating something positive.**

Something along the lines of "That sounds like a great project.

While I can't help you with that, I appreciate your thinking of me" works perfectly.

Refer to Your Commitment to Others

When you're overbooked, it should be easy to say 'no' outright, but sometimes that can be challenging.

Stick with honesty. If you **are already doing things for other people**, let the person asking you know.

Just politely and firmly tell them you currently have too many other people relying on you to take on any more commitments.

Confine your Feelings

No matter what you do, you'll want to rein in the emotions.

It isn't the time or place to get upset.

The more emotional you are, the more likely this refusal will turn into that conflict that you were trying so hard to avoid.

Do what you can to keep things level and unemotional. Take a few deep breaths and remember this doesn't have to be personal.

Are you still having trouble? Then step back until you can rein in the emotions.

Tell the other person that **you need a minute or ask if you can get back to them** tomorrow.

That gives you space and time you need to separate yourself emotionally from the situation so that you can provide a calm and clear 'no.'

Realize it's Not Just You Saying No

Sometimes the best approach is to take a step back out of the situation entirely.

Sometimes you aren't saying no just because of yourself. **Sometimes you are acting as a representative of a company or a family.**

It keeps the 'no' from feeling personal.

It takes a situation away from "I cannot make that commitment to you" over to "**our company is not able to make that commitment to you.**"

By acting as a representative, you can gain some much-needed emotional distance from what might be an uncomfortable situation.

Practice

As with anything, you are saying 'no' gets easier the more you do it.

Saying 'no' might seem daunting at first, **especially if you're not wired that way naturally.**

It does get easier. The more you commit to setting your boundaries by saying 'no,' the better you will get at it.

Once you're more comfortable saying no, you will wonder why you weren't doing it more often before!

Soon you'll find that you're able to embrace the 'no' and use it in your life to regain power and control where you never had any previously.

It's a fantastic feeling and will help you progress in ways that you never dreamed you could.

Conclusion

Saying 'no' is a fine art.

Mastering this valuable skill makes you an artist, a visionary, and a person of power.

That might seem a little over the top but think about it. Before you said no, what were you?

Now, with these skills under your belt, you're able to not only see the future but to plan for it.

You've learned the fine art of improving your relationships with those around you, and you've managed to take charge of your life.

Don't feel like you're there yet? You will be.

Keep in mind that all this change isn't going to happen overnight.

New skills take time to master, and with any habit, the more the practice saying 'no,' the better you'll get at it.

Slipping up and saying 'yes' to the wrong thing isn't going to be the end of the world.

Just take **note of the event and learn from it.** This way, the next time that situation comes up, you know better how to handle it.

Try to remember these three important things:

> *1. Saying 'no' is a positive and powerful experience.*

2. Recognizing when to say 'no' is half the battle.

3. Saying 'no' doesn't have to be complicated.

Embrace the life that saying 'no' has given you. **You're powerful. You're in control**. *Now go and accomplish great things!*

FURTHER READING

1. **Free Chapter Building Self-Confidence**
   https://park-avenue-unlimited.ck.page/61bf8da788

2. **How to Look, Act, And Project Self Confidence**
   https://wp.me/p7UeWp-ie

3. **Boost Your Confidence**
   https://wp.me/p7UeWp-ij

4. **A Guide to Develop Your Self-Confidence**
   https://wp.me/p7UeWp-im

5. **Building Self Confidence**
   https://wp.me/p7UeWp-ip

6. **Free Ebook Top TIPS Projecting Confidence**
   https://park-avenue-unlimited.ck.page/b382027496

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