



## Stop Saying Yes When You Really Mean No

Online Coaching with Christine Morgan

⊘ What makes it difficult for *you* to say no?

⊘ In what situations do *you* find yourself eager to please or impress?

⊘ How will *you* practice saying no, and who will help you and hold you to it?

### Many ways to say No nicely

- ✓ No thank you.
- ✓ I want to, but I can't.
- ✓ Oh, thanks, but that's not really my speed.
- ✓ Not today, thanks.
- ✓ None for me.
- ✓ I'm going to say no for now, and will let you know if it changes.
- ✓ My answer needs to be no.
- ✓ My plate is full right now, but I will love to hear how it goes!
- ✓ No, I can't, but thanks for thinking of me!
- ✓ No.



I said NO today - and I liked it!

Date	My Wording	My Feelings	Any consequences?