

# I GIVE MYSELF PERMISSION TO SAY NO TO

**NO** \_\_\_\_\_

**NO** \_\_\_\_\_

**NO** \_\_\_\_\_

**NO** \_\_\_\_\_

**NO** \_\_\_\_\_

**NO** \_\_\_\_\_

**NO** \_\_\_\_\_

**NO** \_\_\_\_\_

**NO** \_\_\_\_\_

**NO** \_\_\_\_\_

## HELPFUL TIPS

Be direct

Don't  
apologize or  
explain

Don't lie

Saying  
no now  
means no  
resentment  
later

Be polite

Don't say,  
"I'll think  
about it."

Practice  
saying "No,"  
with a friend