



NO SCORESHEET

Look for ways you can say no at least once each day, so you can make room for the right yesses and good things yet to come.

WEEK OF: _____

DAY	MY "NO"	HOW I FEEL
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TYPES OF NOS

- Verbally say no to set boundaries.
- Turn off phone/email notifications.
- Plan my day before reading email.
- Spend less time on social media.
- Reduce my news/media budget.
- Don't respond to texts/calls immediately.
- Physically remove myself, if necessary.
- Don't accept a job/project if not a good fit.
- Decline a social invite if it's not good for me.
- Make time for self-care and rest.
- Choose healthy food to fuel my body.
- Spend less time with toxic people.

WAYS TO SAY NO

- No.
- That doesn't work for me.
- Not right now, we can revisit it later.
- I'm not comfortable with that.
- I need to focus on myself right now.
- Thanks for thinking of me, but I can't.
- That isn't going to work for me.
- I am not available.
- I can't commit to that.
- It doesn't feel like a good fit.
- I'm not interested at this time.
- Maybe another time.