

14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 7: Saying "No"

One of the greatest lessons I learned during my coach training was the concept of "Saying No" and since then, I have noticed there are books and articles out there discussing just that topic. The statement that I use with my clients and friends when they are trying to make decision that they feel is tough is "By saying 'yes' to this what are you saying 'no' to?" So often when we are too willing to add to our plate we find that we leave little time to be present for those we love or taking care of our own health and wellness. "Saying Yes" just might be my kryptonite. I love to experience new things and feel like I'm doing my part, but I have gotten better at saying "no" and there is still room for improvement. Where do you need to use "No" in your life?

Here is the "Saying Yes and No" activity you can use to help you move forward on your goals and preferred future:

Saying Yes and No

List your preferred future (goals, dreams, etc.)

Based on the preferred future, fill out the following:

I will say YES to the following:

Which means I will say NO to the following:

I will say NO to the following...

So I can say YES to the following...

Note: As always, if you need someone to walk you through this activity. Give us a shout at Pioneer Tech!

Looking forward to growing with you!

- Molly K.

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