

Saying NO

How to get what
you truly want.

BODILY



_For you, if...

- You feel that you tend to please people around you.
- You want to stop avoiding conflict.
- You want to realise your objectives.

Try This! _Quickies

5min



Keep Balance

It's almost like accounting or even weight management. To change a habit, we need to work it like a muscle. It helps to be strong minded and simply decide that you will be more assertive. That's a great start!

But rest assured the old habit of pleasing your social environment will creep back in. It's important to recognise your patterns and become conscious of when you give in, and why.

So, let's create a balance chart:

SAYING YES	Your cost or effort having said yes (this time...)
Answering the phone (or WhatsApp / social media notifications)	Loss of 12min, loss of concentration,
Taking in more work than you can handle (it seems it will please your boss but it backfires)	Stress, sleep deprivation, ...
Going out when you feel like staying in	Possibly having a hangover the next day, not sticking to your programmed early morning run, non beneficial influence on your diet,...
Staying quiet when a conversation steers to a direction you don't agree with	Giving the impression that you agree, though it would be important to communicate your stance here...



_Take it further!

10min

As social animals we tend to copy behaviors and ideas from others; it's a fast, and at times efficient way to learn.

Think about 3 people (friends or colleagues) that are great at saying no, managing their own boundaries and being assertive. Maybe you can organise to have a coffee with them and ask them to share their own thought patterns and emotional responses when they are being assertive.

Sharing vulnerability and fear around what is at stake could really help you to make the leap. Also, it's a great way to design a system that will hold you accountable for this objective.

► Your TakeAways

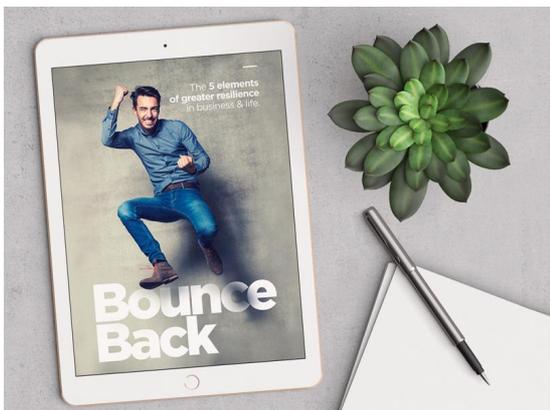
_What do you know now?





Let me know how you are getting on!

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