



# Learn How to Say “NO”

to Live Your Best Life

## Scripts to Say “NO” Nicely So You Can Say “Yes” to Your Best Life

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## Welcome & Congratulations!

You're on your way to achieving your ideal lifestyle and career by learning to say “no” nicely and at the right times.

## Are you getting played like a fiddle?

My friend Jim absolutely loved to say YES to everyone, anytime he could, about anything he could say yes to. After all, it feels great to say YES right? It feels so good to be a helper, a rescuer and just valuable to people. However, as Jim learned (the hard way) over many years, that saying YES to everything all the time, leaves nothing much for some of the very best of things. Saying YES at the wrong times can cause you to over-commit your time and resources. Instead of looking like the ‘hero’ you can actually end up looking like the guy or gal who has a great heart, but is always late and running behind, hectically living life in a rushful push.

One day a good friend told Jim, “I am watching these (my) kids, and they are playing you like a fiddle. You just need to tell them NO”

Jim later realized that his whole life in an attempt to please people in life and business, he had allowed circumstances, people and life to play him like a fiddle – instead of taking control and making his own music.

**TIP** Learning to gracefully say “No” will help keep you from over-committing.

**Q** “Jim- Can you help me do \_\_\_\_\_ ?”

**A** John, I would LOVE to be able to say YES to that right now, but I know that if I did – as bad as I want to, I would be overcommitting my time and jeopardizing other things that I have already committed to... I hope you understand. Maybe next time I can help with that.