WHY CAN'T I SAY NO?

- Feeling of guilt that you may let someone down
- Not wanting to be perceived as not caring or being unhelpful
- Wanting to be liked, don't want to be the bad guy
- Avoiding confrontation





LEARN TO SAY NO

USE THIS GUIDE TO HELP YOU DECIDE IF YOU SHOULD SAY NO TO A REQUEST OF YOUR TIME.

What am I saying no to if I say yes?

What are my rules?

What are my current commitments?

ls there a compromise?