

Say NO without the Guilt

Create three Questions and LEARN to Say NO:

1.

2.

3.

Every time you DECIDE to do one thing...you are saying NO to other things.

Every time you DECIDE to say no to ONE thing...you are creating opportunities for other things.

What MUST YOU COMPLETE before your life is considered lived fully?

Know your agenda.

1. If you lived like you were dying, what would you do different?

2. If you won the lottery, what would change?

3. If you could only do one thing, what would it be? (ONE SONG)

Power Thoughts:

Know you are here for a special purpose.

Say yes to things that bring you joy.

Say yes to HAVING IT ALL

you simply may not be able to have everything at the same time!