



# SAY NO!

A 90-minute Webinar

## WHAT ARE THE BENEFITS OF LEARNING TO SAY NO?

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1. increased \_\_\_\_\_
  2. increased \_\_\_\_\_
  3. better \_\_\_\_\_
  4. less \_\_\_\_\_
  5. easier to \_\_\_\_\_
  6. keep \_\_\_\_\_
  7. able to take advantage of \_\_\_\_\_
  8. avoid \_\_\_\_\_
  9. it's \_\_\_\_\_
  10. can build \_\_\_\_\_
  11. may develop \_\_\_\_\_
  12. helps you avoid \_\_\_\_\_
  13. you stop \_\_\_\_\_ others
  14. you'll have increased \_\_\_\_\_
  15. you will be more aware of your \_\_\_\_\_
  16. you will learn your \_\_\_\_\_
  17. you can focus on your \_\_\_\_\_
  18. you can \_\_\_\_\_
  19. you will be less \_\_\_\_\_
  20. you will have a better \_\_\_\_\_
  21. you will \_\_\_\_\_

**WHICH OF THE ABOVE POTENTIAL BENEFITS ARE IMPORTANT ENOUGH TO YOU TO ACTUALLY MAKE THE EFFORT REQUIRED TO CHANGE?**

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**WHAT ARE SOME SITUATIONS TO WHICH YOU MIGHT NEED TO SAY NO?**

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**IF WE KNOW THE WHY AND THE WHEN, WHY DON'T WE SAY NO?**

1. I am a \_\_\_\_\_.
2. I don't want to \_\_\_\_\_.
3. I want \_\_\_\_\_.
4. \_\_\_\_\_.
5. lack of \_\_\_\_\_.
6. \_\_\_\_\_.
7. I don't want to seem \_\_\_\_\_.
8. I don't want to \_\_\_\_\_.
9. I feel their \_\_\_\_\_ are more important than mine.
10. I don't want to be \_\_\_\_\_.
11. I want to \_\_\_\_\_.
12. I don't want to \_\_\_\_\_.

***“Learn the art of saying no. Don't lie. Don't make excuses. Don't over-explain yourself. Just simply decline.”***

## HOW CAN YOU LEARN TO SAY NO?

1. Be \_\_\_\_\_.
2. Be \_\_\_\_\_.
3. Understand the \_\_\_\_\_ you want to say no.
4. K \_\_\_\_\_.
5. Participate \_\_\_\_\_ if appropriate.
6. Stop the \_\_\_\_\_.
7. Understand that \_\_\_\_\_ is not \_\_\_\_\_.
8. Be \_\_\_\_\_.
9. Be \_\_\_\_\_.
10. Use \_\_\_\_\_ that show you do care.  
\_\_\_\_\_  
\_\_\_\_\_
11. Don't \_\_\_\_\_ your reasons.
12. It's okay to \_\_\_\_\_ it first.
13. Know \_\_\_\_\_.
14. Remember, just because \_\_\_\_\_ doesn't mean \_\_\_\_\_.
15. Be aware of \_\_\_\_\_.
16. Learn to \_\_\_\_\_ about saying no.
17. Offer an \_\_\_\_\_ if you would really like to.
18. \_\_\_\_\_ and \_\_\_\_\_!

***"You can be a good person and still say no."***

***What will you do differently to become more adept at saying no?***

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***"Learn to say 'no' to the good so you can say 'yes' to the best."***