

Intentional Life Plan

Self-Reflective Questions

Saying No

Related content:

- Chapter 12: 'How to Say No'
- Empowering Words and Phrases
- Master the Art of Saying No
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- Empowering Words and Phrases

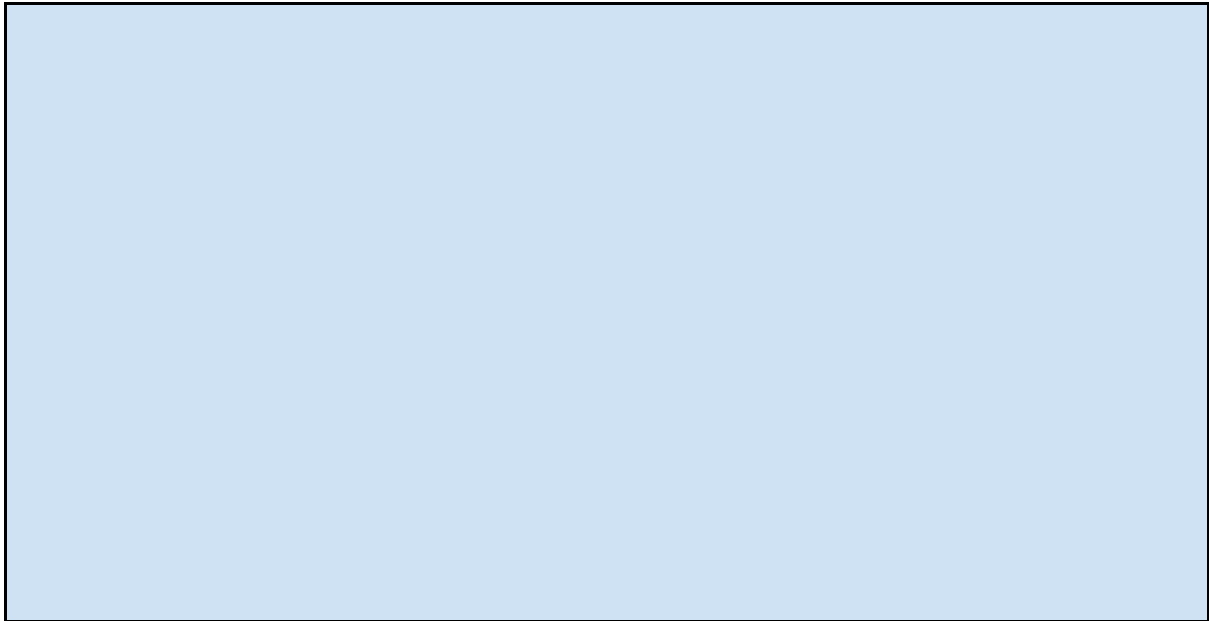
Write down and complete the following sentence: Getting better at saying 'No' means that my relationships will improve because:



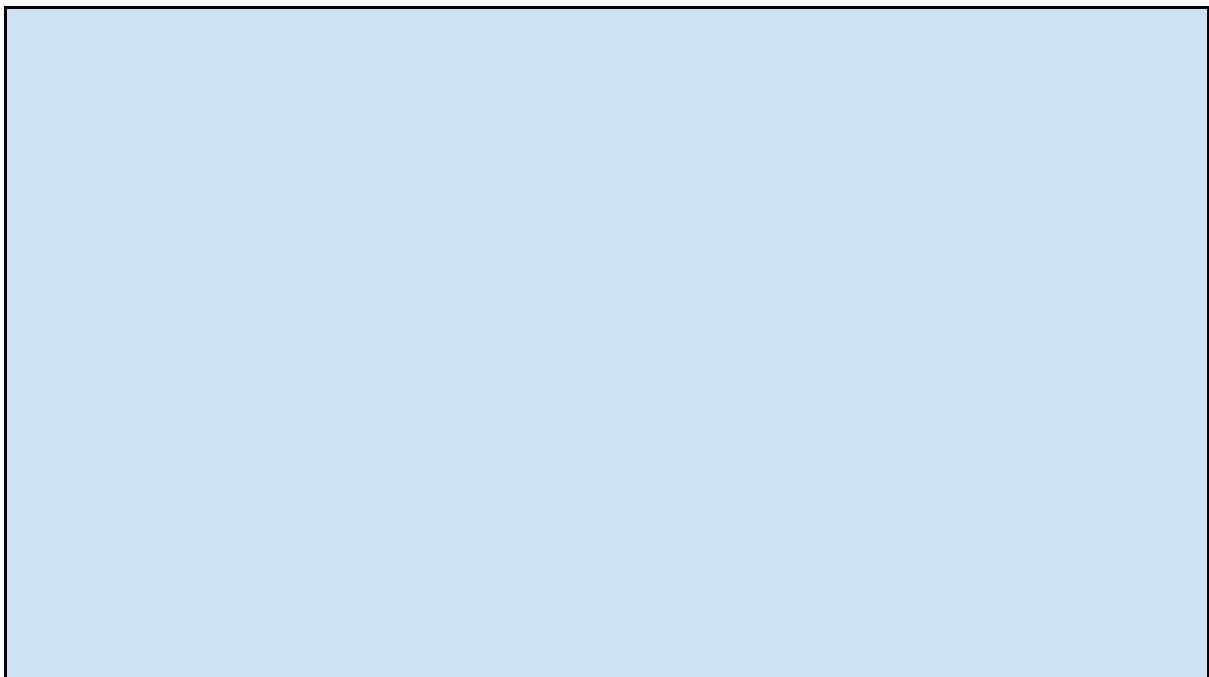
List three or more helpful 'Say No' phrases that you can have ready and rehearsed:



Write down and complete the following sentence: *When I find courage to say No, I am helping myself grow as a person because:*



Write down and complete the following sentence: *When I find courage to say No, I am helping another person grow as a person because:*



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