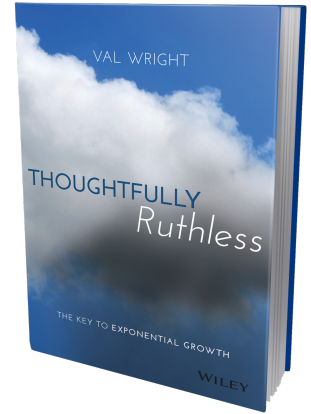


# Thirty Ways to Say No



**Here are some clear phrases for any situation.**

## **No! Not Now, Not Ever**

1. I am not available then.
2. I cannot give that the attention it deserves.
3. That will not work for me.
4. Thanks for the offer, but I have to decline.
5. No, thank you.
6. That is not possible.
7. I cannot say yes to that.
8. I would rather not.
9. I am already focused on ABC.
10. I can't.
11. It sounds wonderful, but I have to say no.
12. Thank you for asking, but I need to decline.
13. It's absolutely not possible.

## **Not Now, but Another Time**

14. That could work if it can be in June, but not this month.
15. If it is important that I attend, let's plan for next week.
16. I would love to attend, but I cannot make that date.
17. It is not a priority for me right now.
18. I have other priorities I have to put first.
19. I cannot do that until October, but a member of my team could sooner.
20. I would love to meet you, but until my product launches, that needs to be my priority. Let's get back in touch after November.
21. I am not prioritizing that right now, but next year perhaps.
22. I have made a commitment to x for the next month. Perhaps next month?

## **Not That Way, but My Way**

23. If your goal is this, how about we approach it this way?
24. Why did you choose that way? Are you open to other ideas?
25. I could say yes if you are open to approaching it a different way.
26. If you explain why that is your solution, I will explain an alternative.
27. My experience tells me that won't work, have you considered . . .
28. I don't want to do it that way. Can we try this instead?
29. I am interested, but I want to do it my way, is that an option?
30. I agree with what you want to do, but I want to change how it's done. Is that possible?

This is an extract from Val Wright's first book *Thoughtfully Ruthless: The Key to Exponential Growth*, Wiley. Named Best business book by Independent Press Award and NYC Book Awards 2017. Download a free Thoughtfully Ruthless® Assessment and sample chapter: [www.thoughtfullyruthless.com](http://www.thoughtfullyruthless.com)