

IN THE
NAME OF
SELF CARE



THE 5 WAYS TO SAY "NO"

THE BREAKDOWN "NO"



"I cannot help you on this aspect of the project today, but I can help you on..."



THE HOLISTIC "NO"



"Unfortunately, I am in so many engagements that I won't be able to give you my best if I take on another one."

THE DELAYED "NO"



"I am so honored you asked me to do this! I have to look at my agenda and get back with you."

THE REDIRECTED "NO"



"I will not be able to take on this but I know someone who can."

THE POTENTIAL "NO"



"What are your expectations on this project? Would I be able to consider it down the line?"

