Saying No (When Needed)

A gentle weekly worksheet to explore this habit and reflect on your experience.

This Week's Practice

■ Pause before agreeing
■ Notice body signals when overextended
■ Say no without explanation
■ Create space between requests and answers
■ Honor one personal boundary
■ Reflect on how no creates room

Reflection

When did saying no feel supportive this week? How did it affect your energy or time?

Weekly Intention

Gentle Reminders

• No makes room for yes.

• Boundaries are an act of care.

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