

CREATE A LIFE YOU LOVE

step three: practice

1. No thank you.
2. I can't.
3. I don't have the time.
4. I cannot give the time that commitment deserves.
5. I'm unable.
6. I won't be able to continue.
7. I'm focusing on other things.
8. That's not a priority for me right now.
9. I am unable to commit to what you're asking.
10. I am going to have to say no. I will let you know if my decision changes.
11. I can't do that but I can do this...
12. That won't work for me.
13. I don't want to say yes and let you down so I am saying no.
14. Please ask me at a different time.
15. Now is not a good time.
16. I am saying no to things at this time. So I can say yes to....
17. I am not interested.
18. I am protecting my time so I can do other things.
19. Let me think about it (but only if you really do want to think about it).
20. No.