

A Week of Small Nos

Practice turning small things down and see what actually happens after.

WHEN TO USE THIS

Use this for one week, starting with things that barely matter.

Start small on purpose. Turning down a second helping counts. So does letting a call ring.

Each time you say no this week, write one line about it.

DAY	WHAT I SAID NO TO	WHAT HAPPENED AFTER

Look back at the last column. How many went worse than you expected?

Which one was hardest, and what made it hard?

Most small nos pass without anyone noticing. That is useful to see in your own handwriting.