

Give Yourself a Day to Answer

Practice not answering on the spot when someone asks you for something.

WHEN TO USE THIS

Use this if you say yes fast and then wish you had not.

You do not have to answer while someone is standing there. Time is not a no. It is time.

Write four ways to ask for time. Use words you would really say.

Let me check and get back to you. I need to look at my week.

1. _____
2. _____
3. _____
4. _____

Circle the one that fits you best. Where will you use it this week?

What usually makes you answer right away?

A day of thinking has saved a lot of people from a month of resenting it.