

Saying No While You Are Empty

Work out what to put down for now, so the little energy you have goes somewhere.

WHEN TO USE THIS

Use this when you are stretched thin and keep agreeing to more.

List what you are carrying. Mark what has to stay and what could wait.

HAS TO STAY

COULD WAIT

Pick one thing from the right column. What happens if you let it wait a month?

Write the words you would use to say no or not now.

I cannot take that on right now.

Putting something down for now is not quitting. You can pick it back up when you have more to give.

You cannot pour from a cup this low. Deciding what to skip is not weakness.