

What You Are Protecting

Name what your limits are for, so holding them feels less like being difficult.

WHEN TO USE THIS

Use this when saying no feels mean and you have lost sight of why you are doing it.

What in your life needs guarding right now?

Sleep, your kid's bedtime, your health, one quiet hour, your money.

Pick the one that matters most. What has been taking it from you?

Finish this: I am saying no to that so I can keep...

Write that last line somewhere you will see it. It is the reason, and you will need it later.

Every no is a yes to something else. This page is where you name the something else.