



saying no, saying yes

As we return to routine after a summer off, there's a tendency to try to overcommit to everything that needs to get done. This sheet will help you say yes and no to the right things.

1. What do you want to say no to? How will you know you've said no?

Think about what you'd like to clear out to make more room in your life. This could be literal, like "saying no to excess clothing," or "say no to meat one day per week." Or your answer might be figurative, like "say no to overcommitting at my daughter's school." Write down how you'll say no, this month, and what it will take for you to officially say no (e.g., "I'll clean out my closet," or "I'll plan a vegetarian meal for dinner each week," or "I'll send a note to my daughter's teacher letting her know I'm unavailable.")



saying no, saying yes

As we return to routine after a summer off, there's a tendency to try to overcommit to everything that needs to get done. This sheet will help you say yes and no to the right things.

2. What do you want to say yes to? How will you know when you've said yes?

What would you like to invite into your life for this coming month? Would you like to return to a hobby that you've fallen out of practice with? Would you like to begin a new practice – perhaps for the next 30 days? Would you like to try something new? Brainstorm what you'd like to start this month to enrich your life.



saying no, saying yes

As we return to routine after a summer off, there's a tendency to try to overcommit to everything that needs to get done. This sheet will help you say yes and no to the right things.

3. What can you do today to say no? To say yes?

What can you do today to start saying no, or start saying yes? Taking a look at what you wrote in sections (1) and (2), think of one thing you can add to your to-do list today to make your first steps in saying no or yes. Write them down – and then go forth and do them!