## REFLECTING ON

## MY "NO" LIST

Give yourself time to quietly reflect on the week or month that has just passed.
Then look through your planner and ask yourself, "What do I wish I had said "no" to?" These may have been situations where you allowed others to cause you annoyance, pain or emotional exhaustion.
Then ask yourself, "Who or what is distracting me from my priorities?" You may identify habits that no longer serve.
List everything that shows up and where there are opportunities to set boundaries.





