

Self Respect - Week 3



Saying NO and disappointing others.

Notes from this weeks video:

What key points can I learn about creating boundaries and saying NO?

*'You can be a
good person
with a kind
heart and still
say NO'*

Am I a people pleaser?

1. I say Yes to others just to keep them happy
2. I go along with things that dont feel right for me
3. Im often left feeling exhausted and resentful
4. I say No to people but am left feeling guilty

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The three keys to saying NO!

1. Create mental and emotional space - take your time before responding to a request
2. Feel your way! - always do a gut check on how you FEEL, be conscious and aware of your intuition at all times.
3. Be honest - be considerate with your wording but make it clear that your No means No.

*'I am learning
to say No to
people and
things that don't
feel right for
me'*

Reflect on a recent request that you wished you had said NO to, and what your inner guidance had told you about it?

How would you do things differently next time?

*'To protect your energy, it ok to cancel a commtiment.
Its ok to not answer a call. Its ok to change your mind.
Its ok to want to be alone. Its ok to take a day off. Its ok to do
nothing. Its ok to speak up. Its okay to let go'*