

### Exploring Kind Noes and Bigger Yeses

1. For one day, pay attention to the moments when you say yes. Record them below. Consider whether you explicitly or implicitly said yes, and place an X in the appropriate column.

<b><i>What I Said Yes To:</i></b>	<b><i>Implicit Yes?</i></b>	<b><i>Explicit Yes?</i></b>
<i>Example: Helping my colleague write an article</i>	X	

2. Review your list. Are there things you said yes to that you would have, upon reflection, rather said no to? Put a star next to them in the table above.

3. Now review your starred yeses. Consider the context in which you said yes. Are there commonalities among them? For example, how were you feeling when you said yes: were you tired, hungry, happy, sad? Do you say yes more often in the morning or in the evenings? To whom did you say yes: family, friends, colleagues? Record your initial observations here:

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4. Now, try to synthesize your observations by completing the following sentence.

I am more likely to say yes when \_\_\_\_\_

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5. Practice writing how you can say no in those moments instead of a yes. Use your starred yeses as examples. What could you have said instead? Write three variations here.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

6. Now, say those three variations out loud. Repeat. Repeat one more time. (Practice makes perfect!)

7. *Bonus Extension Activity.* Write your three no variations on a piece of paper. Tape the piece of paper to your mirror or another place where you will see it every day as a reminder of how you can kindly say no so that you say bigger yeses.

