



# Saying 'No' with Grace

## MUST DO:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PRIORITIES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PASSIONS (WANT TO DO'S)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SAY 'NO'!

- Thank you for thinking of me, but I am going to have to decline that offer
- How sweet that you asked! Unfortunately, I can't take on anything else at the moment
- That sounds lovely, but it isn't something I can do right now
- What a delightful idea! However, I am going to have to pass on this one
- No, thank you!