

Learning to Say 'No'

My Action Plan

This worksheet is based on a two part post published on Eat Pray Workout.

Use the search bar on eatprayworkout.com or the URL at the bottom of this page to locate the posts.

Please read these posts before completing this worksheet.

1 Write a list of situations where you are likely to commit to additional activities;

a)

b)

c)

d)

2 Write corresponding reasons why you might fear saying no;

a)

b)

c)

d)

3 Write whether that fear is true or realistic (answer from the guise of a friend speaking to you);

4 Write your preprepared 'no, thank you' response, to help you from diverting to the habitual, 'yes, no worries!' that always gets you in too deep.

5 For additional support, photograph or share your answers at the new & exclusive EPW FB group "The Eat Pray Workout Tribe".