









## R.E.A.L. Goal<sup>SM</sup>: Say No

(Realistic, Easy, Attainable, Life Goals)

**Example:** I will begin to say "no" to requests that I really want to say no to.

## The benefits:

- When you start to say no, you begin to realize it is not a bad word.
- When we say no to things that we really do not want to do, you are setting a healthy boundary.
- Between work and life obligations, we sometimes sacrifice the things that we love; this ends up draining our energy and can cause stress and health concerns.
- Learning to say no without guilt allows us to prioritize how we will spend our time and can make life more productive and satisfying.

## **Quick tips:**

- ☐ Find your yes.
  - o Before you can become good at saying no, you have to know what you're saying yes to.
  - View every opportunity that you pass with a no as saying yes to something else something that you'd prefer to do or something more important to you in the long run.
- □ Sleep on it.
  - Even if you feel like saying yes (and especially if you're having doubts), ask for a day to think about it before providing an answer.
  - o It's going to be much easier to say no once you've had time to consider all your commitments and whether the item in question is a realistic addition to your schedule.
  - o This will also give you a chance to come up with the best way to say no.
- □ Sandwich it between two yeses.
  - o This will ensure that your no will be kinder and is a way to explain prior commitments.

## Check out these webinars on YouTube to learn more:

- □ Ted Talks The Gift of "No" by Suzan' Stroud
- ☐ Ted Talks Say Yes to No by Yamini Singh

To choose another goal, go to: <a href="mailto:prevea360.com/realgoals">prevea360.com/realgoals</a>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)

©2022 Dean Health Plan, Inc a Member of SSM Health. All rights reserved. We do not recommend, endorse or make any representation about the efficacy, appropriateness, or suitability of any program, training, or activity eligible for points under the Living Healthy program. Such programs, trainings, and activities are not intended to be a substitute for professional medical advice, diagnosis, or treatment. If any individual has or may have a medical or psychological condition, they should consult a medical professional before beginning any programs, trainings, or activities.