

IT'S HEALTHY TO SAY NO

10 PERFECT WAYS TO SAY NO TO INVITATIONS

So you've just been invited to something you're not super excited about. Saying no is never easy, but being a people pleaser is even harder. Telling someone "no" is not just okay, it's often necessary. And doing so will put control back in your court. Here are some easy and effective ways to say "no" respectfully and without pushback from the other person.

- "I'm concentrating on my routine right now."**

The only way to achieve greatness is to be consistent. If something violates your routine, stand up for yourself and your plan. Tell that person you have a commitment. Because you do!
- "Thanks for the invitation, but I already have plans."**

Be polite, acknowledge the gesture. Simply saying "I have plans" may sound aloof, but saying it directly implies it's serious and non-negotiable. Pushback from the other person is unlikely.
- "Let me check with my partner or (other important person)."**

Significant others always take priority, we all know this. Don't make your partner a scapegoat, just be casual about it and say you need to check first out of respect for the person you love.
- "Let me get back to you, I'm waiting on confirmation from another person."**

Any variation of this is fine, the point here is to say "Hey, there is something or someone else who I have already made tentative plans with, and I don't want to double book myself."
- "As you know, I'm concentrating on _____ and I can't afford the time right now."**

You have goals and things to do. The people who know you know this too. Remind that person what you're all about and tell them you need to prioritize. Any normal person will understand.
- "I don't have my calendar with me, let me get back to you."**

Not a direct no, but it is a smooth and unobjectionable way to buy yourself some time. You can follow up later by saying something has come up, or you had a prior engagement.
- "I need to stay focused right now, as I'm sure you understand."**

Similar to point 1, but with the addition of having the other person involved. It makes it much harder for the other person to object if they acknowledge what it is you need to be focused on.
- "Weekdays, Weekends, (insert time) are really hard for me."**

Insert whatever time you want and frame it in the context of it being difficult for you. First, because it actually is, and second, because no one else knows your schedule. IE. No objections.
- I would like to spend time with you, but honestly _____ is not for me.**

Acknowledge that you enjoy the person and that the reason for your decline is not personal, you simply do not enjoy the proposed activity. That's totally fair, we are all entitled to our opinion.
- Just say no!**

Or perhaps no thank you. The point is, your life is your life. Be bold, own it, and speak your mind. The world respects a person who is honest and direct.

Setting boundaries is paramount to your success and satisfaction in life. The discomfort from saying no will be temporary, but the discomfort from never saying no is forever. How do you want to live?

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