

# Personal Reflection Exercises...

## It is okay to say no.



### **It is okay to say no.**

I can only expect to achieve success without burnout when I am focused on my goals and aware of my limitations. For this reason, I am able and willing to say *no* when the need arises.

I prioritize the people and activities in my life. I have let go of the idea that I should be able to come up with enough energy for every person and every activity that comes my way.

***My family comes first.*** They know that, as does everyone else in my life. They are aware that I am incapable of dropping everything for their every whim, but I have granted them the security and confidence they deserve by putting their genuine needs first, above my work and social life. They know that I am there for them when they truly need me, no matter what else is going on in my life.

I also take time to be with friends and colleagues who are positive, supportive, and who help me in my constant pursuit of excellence. I have let go of the idea that I should be instantly available to anyone who asks. I am friendly with everyone, but ***my***

***time is precious. I choose to spend it with those who will help me become my best self.***

***I take time to engage in activities that will relax me and further equip me to reach my dreams.*** I let everything else go, without feeling guilty or creating excuses because I know that it is okay to say *no*.

### **Self-Reflection Questions:**

1. Do I keep my goals in mind when deciding how to spend my time?
2. Do my friendships help or hinder me in reaching my goals?
3. Does my family really know that they come first in my life?