

DON'T FEEL GUILTY...

Just Say

NO!

HERE ARE 12 TIMES WHEN SAYING "NO" SHOULD BE A NO-BRAINER:

Priorities. When you're hijacked by other people's priorities, you don't have time to tackle your own. Make *your* priorities a priority.

Personal values. Hold firm to your beliefs and values. When you succumb to peer pressure, you may live to regret it.

Focus. If you try to be good at everything, you'll end up being mediocre at everything.

Balance. Stop trying to fill your calendar each day. Happiness is a result of balance rather than intensity.

Productivity. Just because some people waste *their* time doesn't entitle them to waste yours.

Shortcuts. Don't allow yourself to be talked into every harebrained idea. Get-rich-quick schemes rarely pan out in the long run.

Appetite. Be grateful for the things you have in your life rather than being obsessed with more.

Resource allocation. Concentrate your resources rather than making across-the-board decisions.

Attitude. When you allow negative and unethical people to pollute your thoughts, you're forced to carry a heavy load. Carefully choose the people with whom you associate.

Conscience. Never let anyone persuade you to compromise your integrity. Listen to your conscience. That's why you have one.

Happiness. Say "no" every once in a while — before you become resentful. When you spend more time doing *have-to's* rather than *want-to's*, other people's happiness becomes more important than your own.

Self-respect. Take ownership of your life decisions rather than relinquishing that responsibility to others. When you constantly seek approval, you give more weight to another person's opinion than to your own.



About Frank Sonnenberg

Frank is an award-winning author. He has written six books and over 300 articles. Frank was recently named one of “America's Top 100 Thought Leaders” and one of America’s Most Influential Small Business Experts. Frank has served on several boards and has consulted to some of the largest and most respected companies in the world. Additionally, *FrankSonnenbergOnline* was named among the “Best 21st Century Leadership Blogs,” among the “Top 100 Socially-Shared Leadership Blogs,” and one of the “Best Inspirational Blogs On the Planet.” Frank’s new book, *BookSmart: Hundreds of real-world lessons for success and happiness* was released November 2016. © 2017 Frank Sonnenberg. All rights reserved.

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