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Simply Your Life by Saying No

By Myrtis Smith

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The average person lives a very cluttered life. We have too much "stuff" in our homes, too many commitments on our calendars, and our kids are involved in too many activities. All of this clutter is weighing us down. Things need to be organized and cleaned, planned and prepped for; its no mystery why people are so stressed.

Even scarier is the fact that we continue to add more. We buy more things that we don't have room to store, we volunteer for more committees, and we let junior find another sport to play.

The ideal solution to this predicament would be to advise you to spend some time clearing space in your life. Take a weekend and declutter your house. Reduce all of your involvement to the 3 things that support your goals the most. And limit your children to 2 activities each. Somehow, I think that advice would fall on deaf ears. Instead I entreat you to simplify your life by refusing to take on any more activities. The word No can be very empowering.

There are 3 ways to say No:

1. No. This is the simplest method. Whenever someone asks you to do something nicely say No. No explanations are needed. No is a complete sentence. This also includes saying No to yourself when you're out shopping and looking to start new projects. You must be consistent.

2. Let me get back with you. This method allows you to put some distance between yourself and the requestor. Often we say Yes to a request because we feel pressure. By offering to get back with the individual at later time, you create some breathing room that makes it easier for you to say No. As a tip, if someone is pressing you for an immediate answer, then it is in your best interest to say No on the spot. If the situation is urgent enough that it requires an immediate answer you may want to avoid getting involved.

3. No, but I can do something else. This option is excellent if you really want to help an individual but you know your time is limited. For example, someone asks you "Can you bring homemade cookies to the picnic on Saturday?" You answer: "No, but I can stop by the bakery and pick up some cookies." See the difference?

Myrtis Smith is a career coach and the founder of Premeditated Life. At Premeditated Life, we have one focus: Your Career. We offer services to support your career goals, whether you are in transition, need help with your job search or want to improve your professional skills. For a FREE Career Assessment email: coaching@premeditatedlife.com www.premeditatedlife.combecause life doesn't just happen!

Your Reasons To Be Thankful Abound

By Josh Hinds

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Tracking our things to be thankful for – Everyone of us has many things to be thankful for. The problem is that we don't always see this to be true. Me included :-). Therefore; playing something as simple as the thankfulness game can do wonders to get us track. This is something that takes little more effort on your part then your time and commitment to actually carry it out.

In fact, you need only a pencil and a piece of paper (and your commitment to see it through). List all the blessing that have come your way. If you're going through a particularly tough time in your life. I realize you may have the temptation to simply not give this a try, instead saying that you've had no blessings.

Instead think back to a better time if you must. Simply let the

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memories flow from your brain, to your hand on down to the paper. As a matter of fact, the less thought you give to this exercise the more freely your memories will flow.

If you were able to give this exercise a fair and honest go, you're likely to have quite a list. Don't simply brush off this list. It deserves more than that. Ponder it... Take it in fully, with the full understanding that no matter what you might be facing in your life, you have had up times as well, and will again.

As you review this list I believe you will gain strength in knowing that without a doubt that blessings will again find their way to you. Just as they have before. Allow this list to remind you that few things are so final, and that positive things will find their way to you.

Josh Hinds – Founder <http://GetMotivation.com> Get the *BEST* in motivation and self–improvement directly in your inbox for FREE, visit: <http://getmotivation.com/myezines.html> – get a FREE copy of the new "Principles Of Success!" ebook when you join!



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