**The Power of Saying No**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

There’s a lot of power in saying no to things and not explaining or giving reasons why. People clog up their lives with things they don’t want to do and then they don’t have time for the things they care about.

When you say yes to things out of a sense of obligation, all you’re doing is stopping yourself doing the things you really want to do. You don’t have time to do the things you’ll enjoy, spend time with the people you want to see or just have fun.

The following exercise will bring into your awareness how often you say yes to things that you don’t really want to do and how much more time you will have when you start saying no.

**Make a list of all the things you say yes to in your life that you wish you didn’t.**

**For one week, only say yes to the things you want to do. If you don’t want to do something, say no. Don’t feel obliged to give an explanation, just say no and leave it at that.**

**Notice how much more time you have for the things you want to do and how liberating it feels!**

If saying no is something that you’re not used to, it may seem rude or a little harsh at first, you can still be polite and say something like ‘Sorry i’m going to pass on this one’ or ‘thanks for the offer, it’s not something I’m interested in/want to do right now.’ The more you say no, the easier it will become.