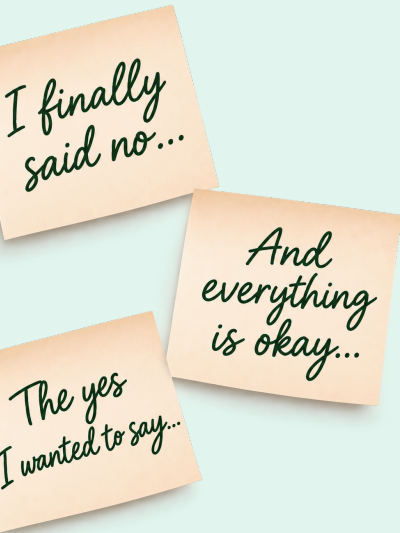




I Can Say No, and I Will

Companion Planner

My Honest Nos and My Meaningful Yeses

Welcome to Your Companion Planner

Saying what you mean isn't always as simple as it sounds.

Sometimes a yes comes out before you've had time to think. Sometimes you know you want to say no, but worry about disappointing someone, seeming difficult or having to explain yourself. And sometimes you say yes because, actually, you really do mean it.

This planner is a place to notice the difference.

You'll have space to look back at the times you wanted to say no, the yeses you didn't really mean, and the yeses you were genuinely happy to give. Not to judge yourself or pick apart every conversation, but to understand your own responses a little better.

You don't have to become someone who says no to everything. That isn't the point.

The aim is much simpler:

*To feel more comfortable saying no when you mean no,
and saying yes when you mean yes.*

Use these pages at your own pace. Write a little or a lot. Come back after a difficult conversation, at the end of the week, or whenever something leaves you thinking,

Why did I agree to that?

Every time you notice what you really wanted to say, you've taken a small step.

And small steps count.

Plan the no I want to say

Before you say it — get it clear in your head first.

WHAT'S THE SITUATION?

WHAT DO I ACTUALLY WANT TO SAY?

WHAT'S STOPPING ME?

WHAT WILL I ACTUALLY SAY? WRITE IT OUT, WORD FOR WORD.

WHAT DO I NEED TO REMIND MYSELF?

How did it go?

After the conversation. Be honest, this page is just for you.

WHAT HAPPENED?

HOW DID I FEEL STRAIGHT AFTER?

DID THE GUILT SHOW UP? WHAT DID I SAY TO MYSELF?

WHAT WOULD I DO THE SAME OR DIFFERENTLY NEXT TIME?

ONE THING I'M PROUD OF MYSELF FOR

Every no you mean is a yes you get to keep.

My no log

Every no counts. Write them down and see how far you've come.

The yes I wanted to say

Not every yes costs you. These are the ones worth celebrating.

WHAT DID I SAY YES TO?

WHY DID I WANT TO SAY YES?

HOW DID THIS YES FEEL DIFFERENT?

WHAT MADE THIS YES FEEL RIGHT FOR ME?

ONE YES I WANT MORE OF IN MY LIFE

My progress

The nos you're proudest of. Small steps are still steps.

A NO I DIDN'T THINK I COULD SAY

A NO THAT SURPRISED ME

A NO I WANT TO SAY NEXT

Progress matters more than perfection.

Mean your no. Mean your yes. Let both be yours.

Tee Sterling

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Gentle ways to say no

Cut out the ones that feel like you and keep them close.

WHEN A FRIEND ASKS A FAVOUR

"I'm not able to help with that, but I hope you find someone who can."

WHEN WORK ASKS TOO MUCH

"I've got a full plate right now. I'd rather do fewer things well than stretch myself too thin."

WHEN FAMILY EXPECTS YOU

"I'm not going to make it this time. I need a quiet day. I'll see you soon."

WHEN SOMEONE KEEPS PUSHING

"I understand you're disappointed. My answer is still no."

WHEN YOU NEED NO REASON

"That doesn't work for me."

WHEN A PARTNER EXPECTS TOO MUCH

"I can't do that today. I need some time for myself."

WHEN LENDING MONEY FEELS WRONG

"I'm not in a position to lend money at the moment. I hope you find a way through."

WHEN GUILT ARRIVES AFTER

"I said no, and I meant it. That's allowed."



*I hope this planner has helped you find your honest nos,
and somewhere along the way, helped you recognise your meaningful yeses.*

With warmth and belief in you,

Tee Sterling

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