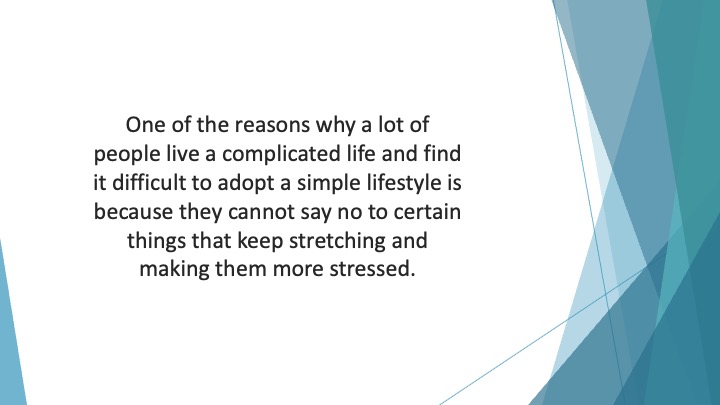
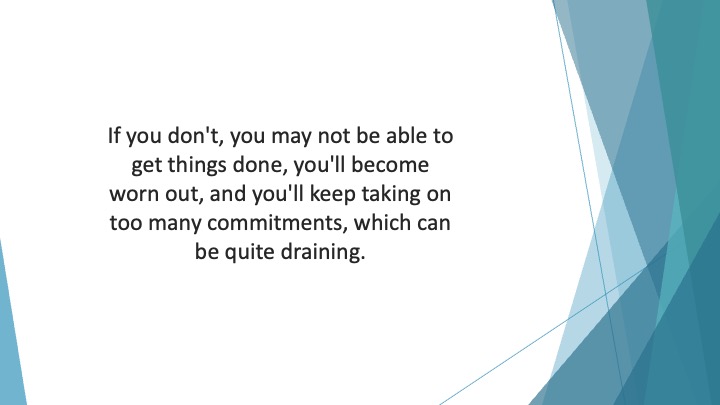
**Chapter 6: Practicing the Gentle art of Saying no**

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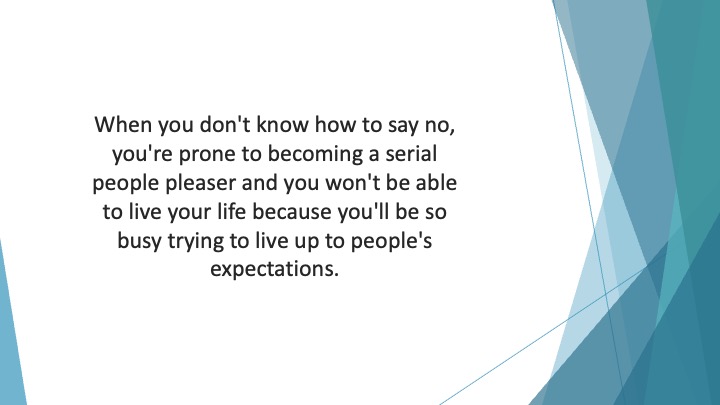
**S1** : In this video, we’ll discuss about “Practicing the Gentle art of Saying no”



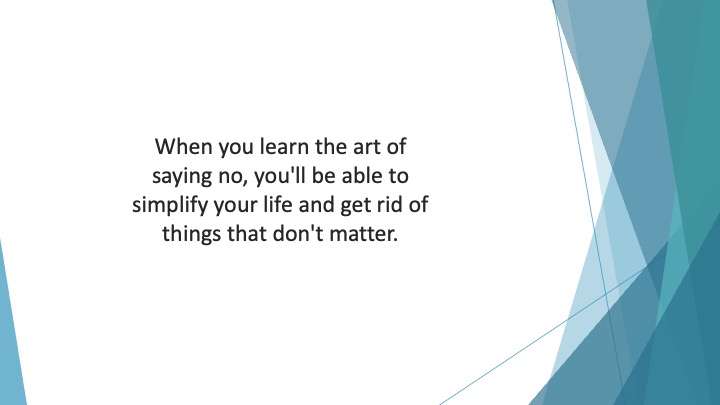
**S2 :** One of the reasons why a lot of people live a complicated life and find it difficult to adopt a simple lifestyle is because they cannot say no to certain things that keep stretching and making them more stressed. You have a high chance of becoming more productive when you learn the art of saying no.



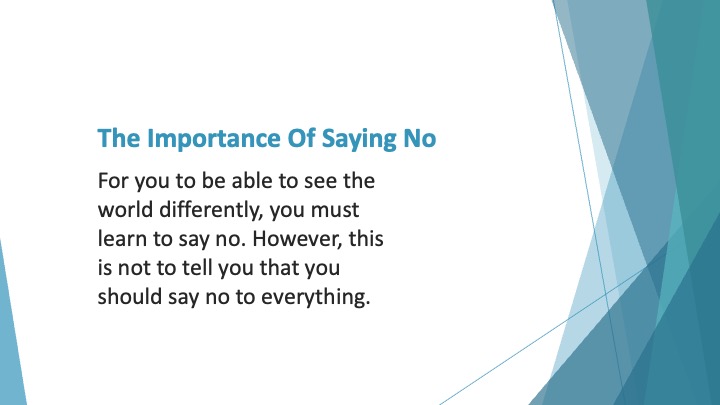
**S3** : If you don't, you may not be able to get things done, you'll become worn out, and you'll keep taking on too many commitments, which can be quite draining.



**S4** : When you don't know how to say no, you're prone to becoming a serial people pleaser and you won't be able to live your life because you'll be so busy trying to live up to people's expectations. You'll be left with a jam-packed schedule that will often leave you unfulfilled and overwhelmed.

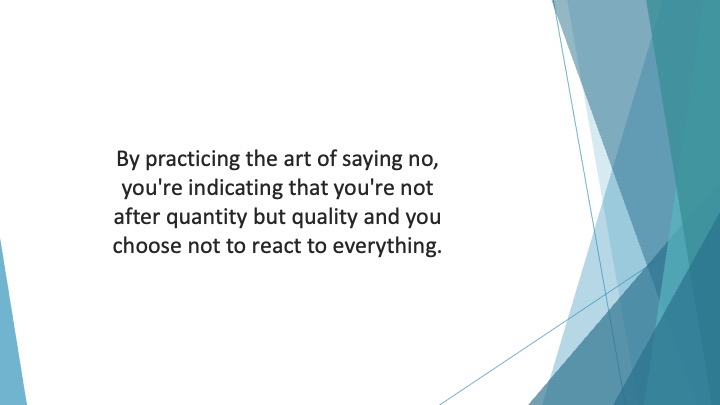


**S5 :** When you learn the art of saying no, you'll be able to simplify your life and get rid of things that don't matter. You'll be able to focus on what's more valuable to you and your levels of stress will massively reduce.

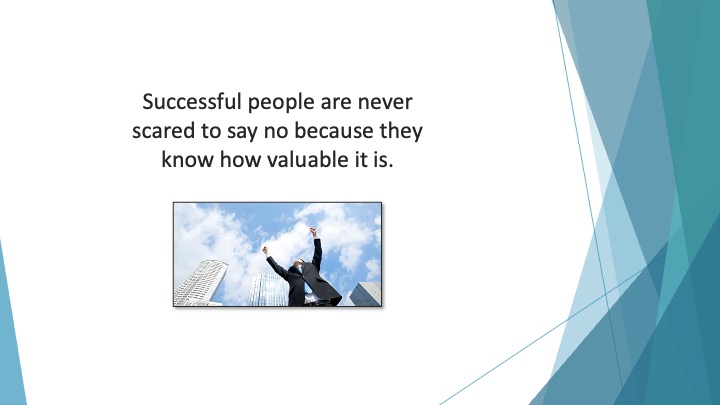


**S6 :** The Importance of Saying No

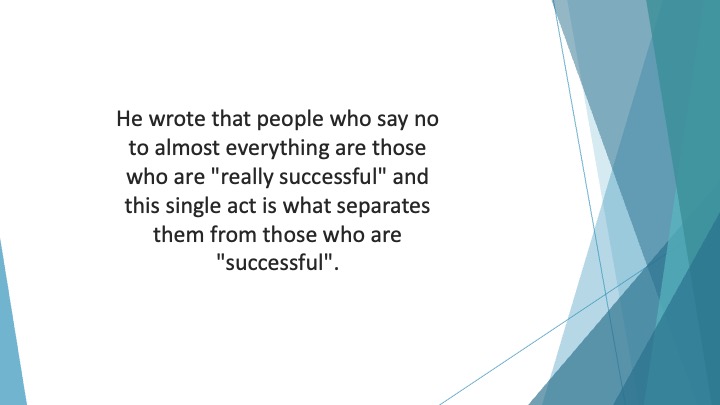
If you have always been a "yes" person, you really need to watch it because if you keep saying yes to everyone and everything, you'll only get drained and used. For you to be able to see the world differently, you must learn to say no. However, this is not to tell you that you should say no to everything.



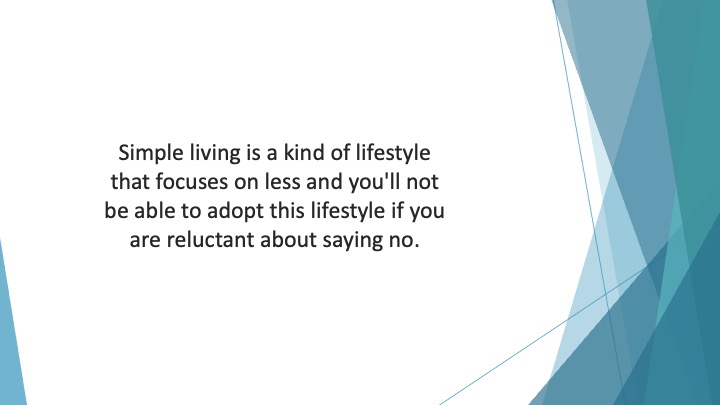
**S7 :** Practice saying yes to only what's important and not to everything you feel you should be doing and you are not doing yet. By practicing the art of saying no, you're indicating that you're not after quantity but quality and you choose not to react to everything.



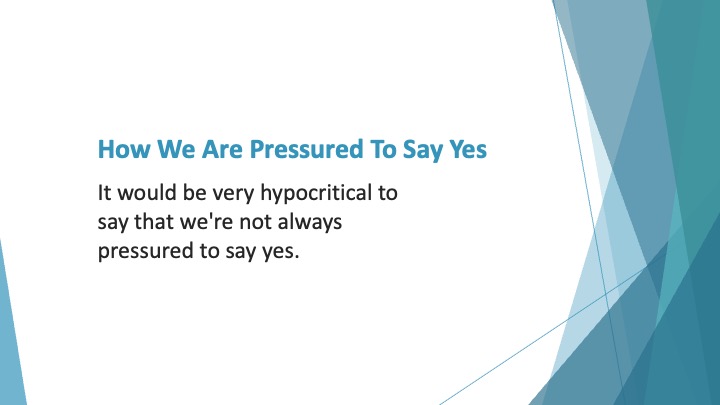
**S8 :** Successful people are never scared to say no because they know how valuable it is. Oprah Winfrey once commented on how weighty it is to learn to say no and Warren Buffett, one of the world's richest men, also sees no as an integral component of his success.



**S9 :** He wrote that people who say no to almost everything are those who are "really successful" and this single act is what separates them from those who are "successful".

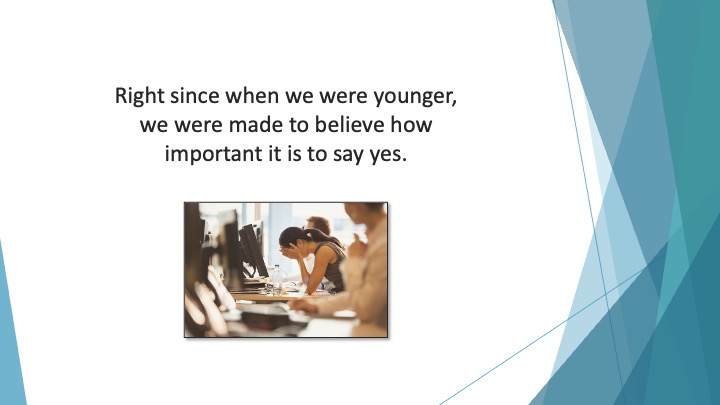


**S10 :** You'll be able to manage your time better when you learn to say no and you'll be able to focus on fewer things and perform excellently if you practice the art of saying no. Simple living is a kind of lifestyle that focuses on less and you'll not be able to adopt this lifestyle if you are reluctant about saying no.

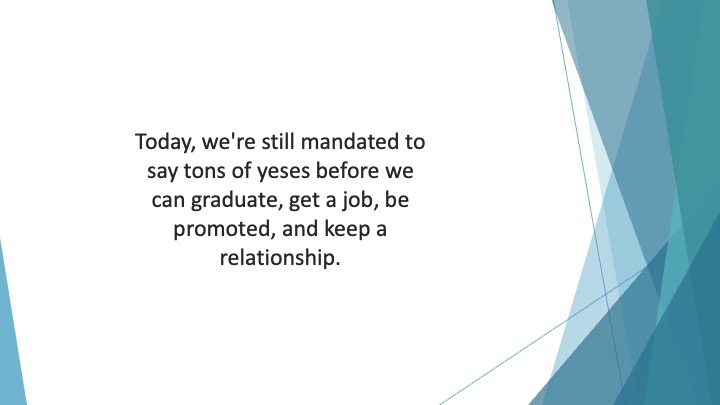
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**S11 :** How We Are Pressured to Say Yes

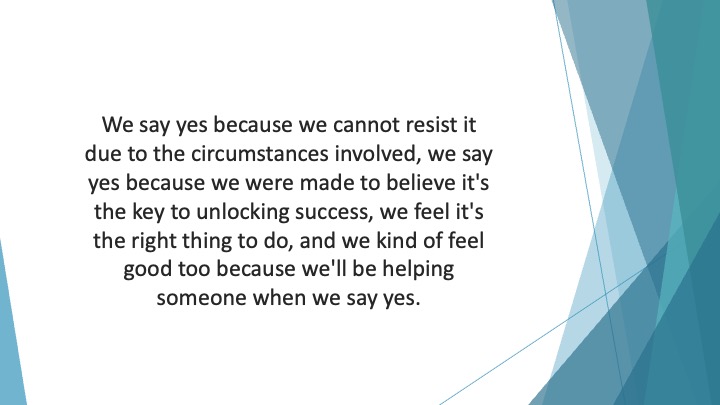
It would be very hypocritical to say that we're not always pressured to say yes. I mean, the major reason why many of us find it challenging to say no is because of the pressure to say yes.



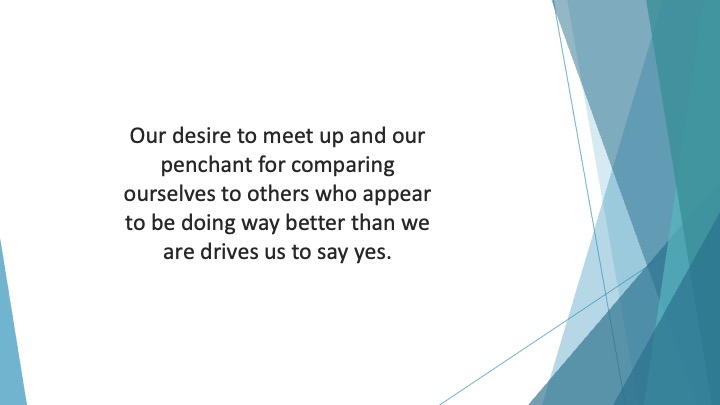
**S12 :** Right since when we were younger, we were made to believe how important it is to say yes. In fact, there are times when we were made to sing the song "do not say no when you need to say yes".



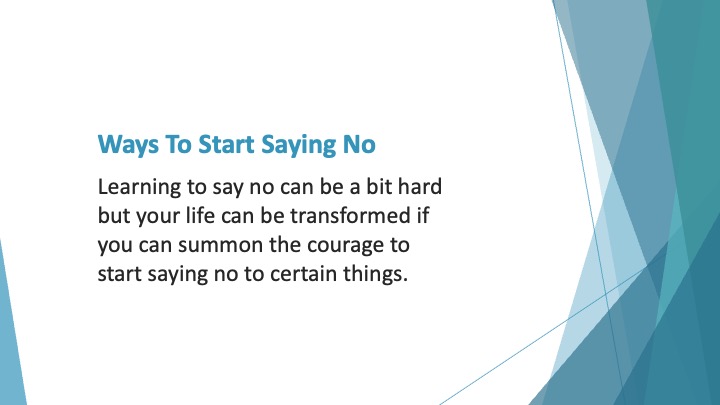
**S13 :** Today, we're still mandated to say tons of yeses before we can graduate, get a job, be promoted, and keep a relationship. Keeping friends is even difficult if you aren't willing to say yes.



**S14 :** We say yes because we cannot resist it due to the circumstances involved, we say yes because we were made to believe it's the key to unlocking success, we feel it's the right thing to do, and we kind of feel good too because we'll be helping someone when we say yes. Besides the pressure from others and involved circumstances, there's also no limit on how we mount pressure on ourselves to say yes.

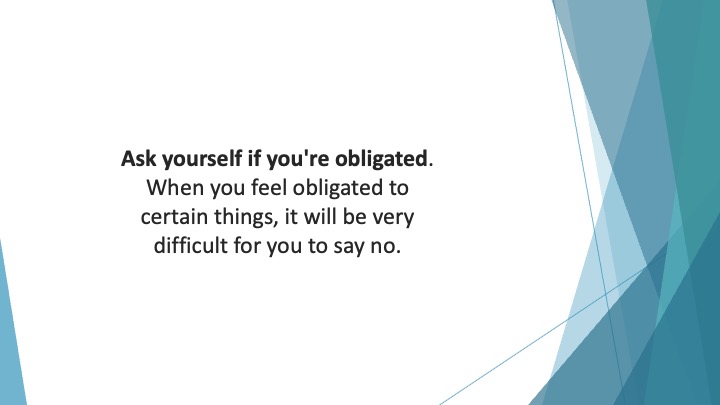


**S15 :** Our desire to meet up and our penchant for comparing ourselves to others who appear to be doing way better than we are drives us to say yes. We're also coerced to say yes to more material possessions because we want to be seen as being fit, capable, modern, and trendy.

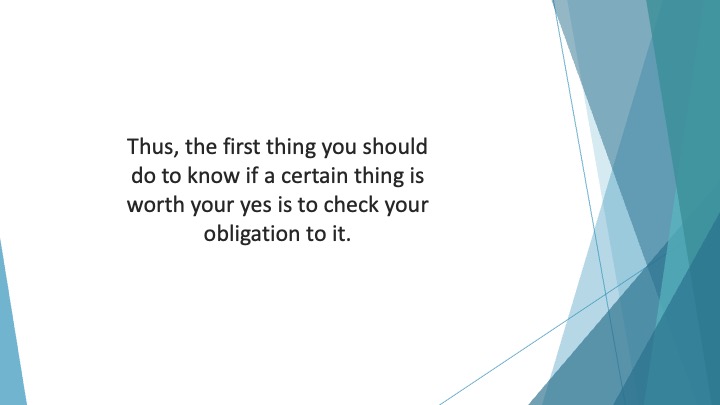


**S16 :** Ways to Start Saying No

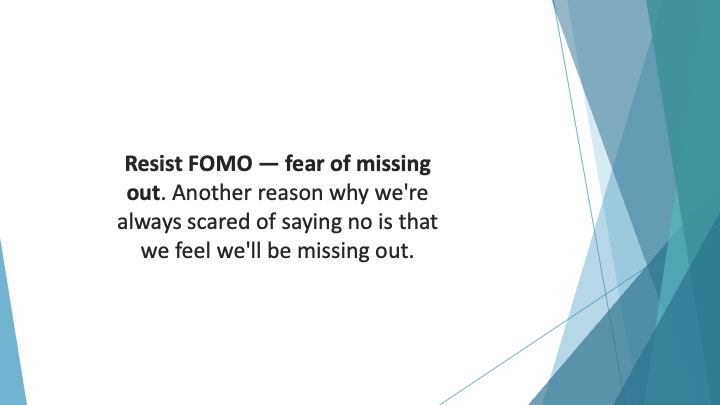
Learning to say no can be a bit hard but your life can be transformed if you can summon the courage to start saying no to certain things.



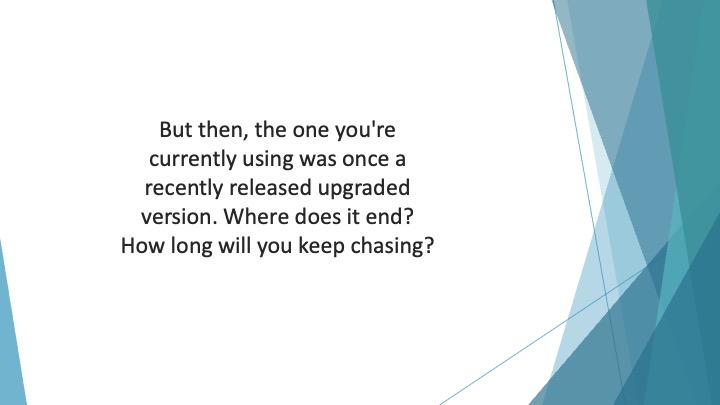
**S17 :** Ask yourself if you're obligated. When you feel obligated to certain things, it will be very difficult for you to say no. Because you don't want to be seen as being irresponsible and get your image tainted, you might feel compelled to say yes.



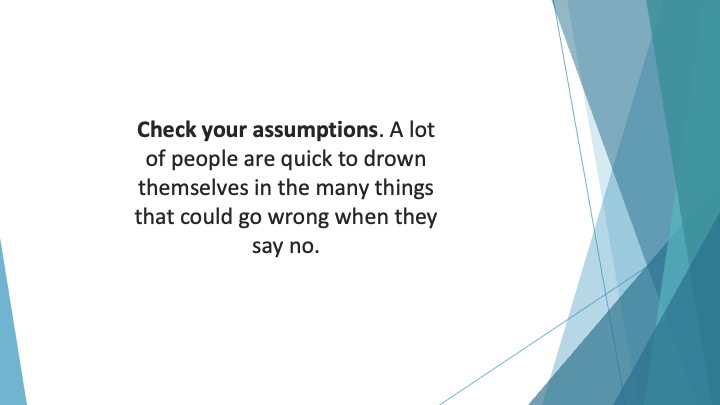
**S18 :** Thus, the first thing you should do to know if a certain thing is worth your yes is to check your obligation to it. If you're not obligated and you affirm it's not a duty you owe to yourself, then you don't have to say yes.



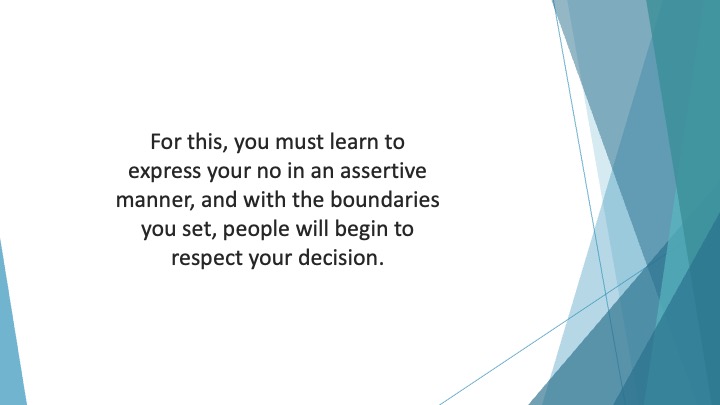
**S19 :** Resist FOMO — fear of missing out. Another reason why we're always scared of saying no is that we feel we'll be missing out. An upgraded version of the iPhone series just got released and you're so anxious to get it because you want to test its abilities since everyone is talking about it.



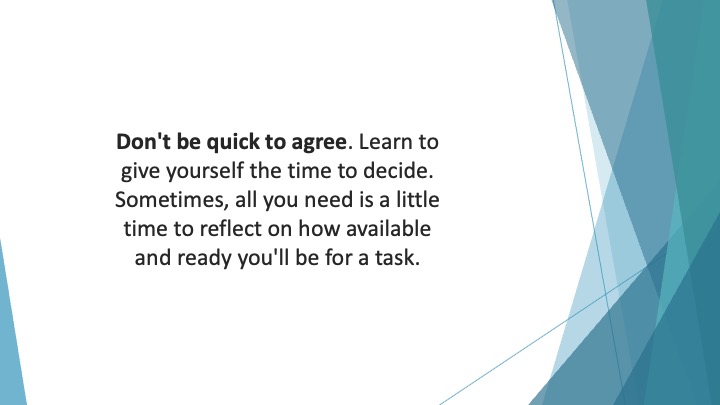
**S20 :** But then, the one you're currently using was once a recently released upgraded version. Where does it end? How long will you keep chasing? It's very important that you check yourself if you're always eager to join the crowd and you are so shy that people would see you as someone who's not progressive when you choose not to constantly "upgrade" as society demands.

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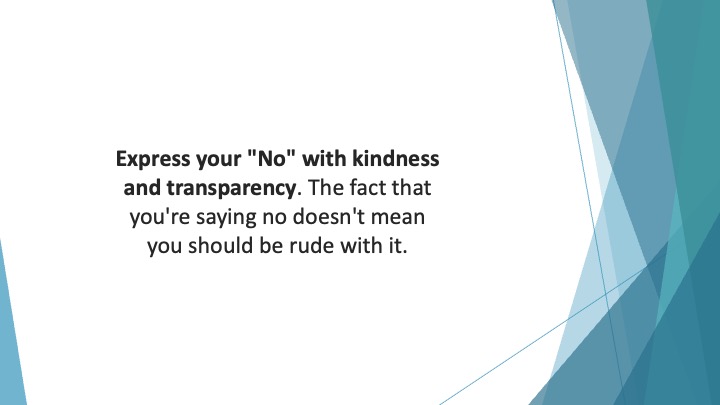
**S21 :** Check your assumptions. A lot of people are quick to drown themselves in the many things that could go wrong when they say no. They fear what the reaction would be because they don't want people to lose their respect for them and they don't want to be disappointing.



**S22 :** For this, you must learn to express your no in an assertive manner, and with the boundaries you set, people will begin to respect your decision.

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**S23 :** Don't be quick to agree. Learn to give yourself the time to decide. Sometimes, all you need is a little time to reflect on how available and ready you'll be for a task.

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**S24 :** Express your "No" with kindness and transparency. The fact that you're saying no doesn't mean you should be rude with it. Let your no be a clear one and communicate it with kindness and you don't have to give a long narration about why you can't say yes.