

## Yes to This, No to That

By Connie de Veer

We might find ourselves overwhelmed and out of balance when we say YES to too many things. When we stop to consider it, we're in fact, saying NO to something else, in order to make room for the YES. Sometimes it's as simple as "when I say YES to going to the gym, I say NO to feeling sluggish."

Sometimes it's a bit more complicated and requires a little unwinding to get to a decision we feel good about. For example, "When I say YES to meeting a distraught friend for coffee who has just lost his job, I'm saying NO to a couple of extra hours of sleep that I could really use. But I'm saying YES to someone who has been there for me when I was in need. Friendship is a huge value of mine. I can catch up on sleep. I'll say YES to my friend."

In that scenario, I arrive at my decision intentionally, thoughtfully, using my values as my compass. But what about those times I go right to a default YES because I want to please, or because it's just a habit, or because I want it all? Those are the sticky wickets we want to look closer at. Those, "sure, I'll dog sit for you. Even though I'm going on tour in three days and have a ton to accomplish before then." Or "I wonder if there's a way I could take both the play and the t.v. spot?" Wanting it all, while admirable and understandable, is in fact, ultimately not in anyone's best interests.

1. Fill in what you're saying YES to, and in doing so, what you're saying NO to:

*By saying YES to . . .*

*I'm saying NO to . . .*

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