

Just say "No."

"A New Year's resolution is something that goes in one year and out the other."
~Author Unknown

I do not make New Year's resolutions. I am in agreement with Anais Nin when she said, "I made no resolutions for the New Year. The habit of making plans, of criticizing, sanctioning and molding my life, is too much of a daily event for me."

During some coaching training, I came upon the idea that for everything I say "Yes" to, I am saying "No" to something else. That started me thinking about what it is I say "No" to. I kept finding that it was much more effective for me to say "No" to things to make the space to fully say "Yes" to those things I really, really wanted.

I ran across an article recently by Gary Ryan Blair, aka The Goals Guy. It was an article talking about making the resolve to give "No" the strategic resolve it deserves. Here it was! Exactly what I had been doing lately in my life. Learning to say "No" is one of the most powerful things to do for yourself.

It helps you set boundaries, be clear about what you will not do, what is not acceptable to you, and makes you feel like you are in total choice about where you spend your time and energy. Saying "No" to watching TV for example, sure frees up time to say "Yes" to what you really want to be doing with this one precious life.

The questions below are the top questions I ask myself and find I get immediate results when I answer and act on these:

- What strategies, initiatives, and activities will you say "no" to?
- What relationships will you not keep?
- What customers will you not target?
- What television shows will you not view?
- What excuses will you not engage in?
- What thoughts will you not entertain?

Use your power to say "No" regularly. It can be a powerful strategy to keep you going in the direction you want to be heading.

And as we close this year and begin another, this is my wish for you:

"May all your troubles last as long as your New Year's resolutions. " ~Joey Adams

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