

## 8 reasons you should learn to say 'NO' now

Knowing how to say no without hurting others is also an art. When you say no, you are living with yourself instead of saying yes but you do not feel comfortable in your heart.

Saying "no" makes us feel selfish, guilty, ashamed. We don't want to worry others. We don't want them to think bad about us. Occasionally, it would be much simpler to say "yes" because not everyone is brave enough to face the anger or angry reactions of others. But what do we lose when we constantly say "yes"?

When we say "yes" that the answer should be "no", we didn't live true to ourselves. We lower our needs and desires compared to others. We make choices that are not good for us. We judge it, thinking that saying "yes" doesn't take too long, thinking it's not a big deal. It is a big problem. Every time you do it, you have chosen not to listen to your heart, your mind and not trust yourself.

*After 15 years of marriage, 10 years of motherhood and 25 years of work, I have come to realize that if we are not too serious about everything, so will others. We are tired, cranky, lose our passion, work motivation and joys in life just because we don't dare to say "no" but are very pressured when anyone asks or asks to do something not interested.*

*I was obsessed that women had no "bulkhead" like men. A man will often succeed in life if he succeeds at work. However, a woman will never consider herself to achieve this unless she has a good marriage, healthy children, good-looking looks and standing on top of the glory of task!*

*By looking at ourselves and life in this direction, obviously, we are gradually setting too high standards, even "impossible to achieve". Instead, create limits and learn to say "no" without feeling repentant or guilty. In fact, saying "no" is a core skill to develop, both in work and in life (according to Anna Baréz Brown - Senior coach and founder of Shine4Women - article published in The Guardian Magazine). .*



In the book "*Overcoming pain*", author Melody Beattie also explains that "*Sin can prevent us from creating boundaries for personal interests as well as others*". You limit your ability and concern to accept things you don't want to do. In fact, the "lucky" people get your help, they are not better because they always feel indebted. Even, many people think that they are "*inferior, because if they are good, they will not bother you*". And the following 8 reasons will tell you the benefits of saying "no" both in work and life.

## **1. Say "no" to help you realize your true value**

Sometimes you mistakenly think that you are very good at this and that, looking down and seeing many people are inferior but when looking up, I am not equal. Denial will wake you up. You will realize you need to cultivate more, try harder, not always a leader.

## **2. Say "no" to help you realize what is limited**

Anything is limited, you should say "no" when necessary and know when to stop if someone says "no" to you. Everything is always limited, even you yourself. Don't try too hard to cause you and your opponent to fall into a dilemma, even agree to do it, but in your heart, you're so warm. Accept and be satisfied with everything.



### **3. Say "no" to help you go to life goals**

When your goal is shaken by so many external influences, hold your ground, say "no" to temptations to pursue the same things you want.

### **4. Say "no" to protect you from unnecessary injuries**

People are very strange in that, sometimes it's clear that I'm not satisfied with my heart, but I'm happy. Sometimes very uncomfortable, but I don't want to upset anyone. Saying "no" is the way you no longer have to torment yourself for doing what you don't want to do.

### **5. Saying "no" makes you stronger and more brave**

There is no denying, when people throw the word "no" cold on the face, who does not hurt. But yes, you are stronger and more brave on the next steps.

### **6. Say "no" to help you practice assertiveness**

Practice saying "no" at times of need, you will learn assertiveness. Assertiveness is an important factor if you want to succeed in your career later.



## 7. Say "no" to save you time

If you say "yes" too much, people will constantly ask for you even when it's not necessary, ask you to do this and that while you don't have enough time. Say "no", others will be more cautious when you ask for something and you won't have to try to help while you have too much to do.

## 8. Say "no" to teach you to appreciate the value of "yes"

If you get rejected too much and until someone says "yes" to you is a great feeling, the moment you appreciate life more than ever. The word "yes" will be much more valuable when we use them at the right time and in the right place.

**When you say "no" means you know the limits and respect your "yes". Saying "no" is also when you are honest with others.**

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