

AFFIRMATIONS FOR SAYING NO

I AM ALLOWED TO SAY NO TO THINGS THAT DO NOT
SERVE MY HIGHEST GOOD.

I AM ALLOWED TO SAY NO TO ANYTHING THAT
DOESN'T SUPPORT MY ULTIMATE WELLBEING.

I AM ALLOWED TO SAY NO, AND I DON'T HAVE TO
GIVE A REASON.

WHEN I SAY NO TO ANYTHING THAT DOESN'T
SUPPORT MY WELLBEING, I'M SAYING YES TO
MYSELF.

I GIVE MYSELF PERMISSION TO DO WHAT IS RIGHT
FOR ME.

SAYING NO DOES NOT MAKE ME A BAD PERSON.

THE PEOPLE WHO LOVE ME WANT ME TO BE HAPPY,
AND THEY WILL SUPPORT ME NO MATTER MY
DECISION.

NO IS NOT A FOUR-LETTER WORD.

MY NO DESERVES RESPECT, WHETHER OR NOT I GIVE
A REASON.