



Don't say Um.. Say Yes!

Last week we talked about the word NO. This week I want to look at the word YES – it seems to be, at times, just as offensive as the word NO...



Have you ever been in a situation where you have found yourself saying NO but really wanted to say YES?

In my experience, this generally happens when we are being offered something good. Something that will in some way help us; Something that will make our life happier and maybe even easier.

Is your first response...Ummmm...?

Is your second responseAre you sure....?

Is your third response NO, its OK I'll manage.....

Why can't we just say YES!!!!

Should our life be harder?

Should we do it tougher than we need to??

Don't we deserve good things in our lives??

So why is it when we are given the chance to say YES – we have to think about it.

And even when we do sometimes say YES – we think there's a catch??



When did you last say yes to any of these.....

- To having fun;
- To help from a friend;
- To work that is right for you;
- To taking a nap;
- To help with your kids;
- To an afternoon off;
- To a healthy relationship
- To an unfulfilled dream....

Now to cover this fully do you think its ok to say YES when you mean NO. Of course not!!!!

So Jen – What's your point!!

My point is that Say YES or Say NO...If you are being true to yourself then neither answer will be offensive – to you or anyone else.....



If you want to say **NO** – **THEN SAY NO!!**

BUT

If you want to say **YES** – **THEN SAY YES!!!**

Just say what you **WANT** to say – not what you **THINK YOU SHOULD...**

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