

CHAPTER 6: YOUR LIFESTYLE

*"No" is the
New "Yes"*

**DO NOT LET YOUR CURRENT CIRCUMSTANCES
DETERMINE THE SIZE OF YOUR GOAL.**



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SAYING NO CAN ACTUALLY GET YOU AHEAD

It may seem counterintuitive, but once we start viewing "no" as something that can add value to our lives, it becomes an amazing tool. In order to determine if a no is better than a yes when the opportunity presents itself, it's important to do a cost analysis. What would it cost you to say "no"? What would it cost you to say "yes"? The answer can vary greatly depending on the situation, but having the skill to weigh the risks and benefits will help you come to the right answer every time.



Use this handy chart anytime you're weighing the option of whether you should say "yes" or "no".

WHAT WILL THIS DECISION COST ME IF I SAY...

NO	YES

**MAKING THE DECISION WITH A PRACTICAL STRATEGY
HELPS TO TAKE SOME OF THE FEAR AWAY.**