


Growing up is weird
& hard, but it can
be easier if you
have the right tools.
Here at **FLOW LIFE**
SKILLZ, we try to
give you some of those.

Today we're talking about
one of the most
important skills you can
have: saying no.

flow

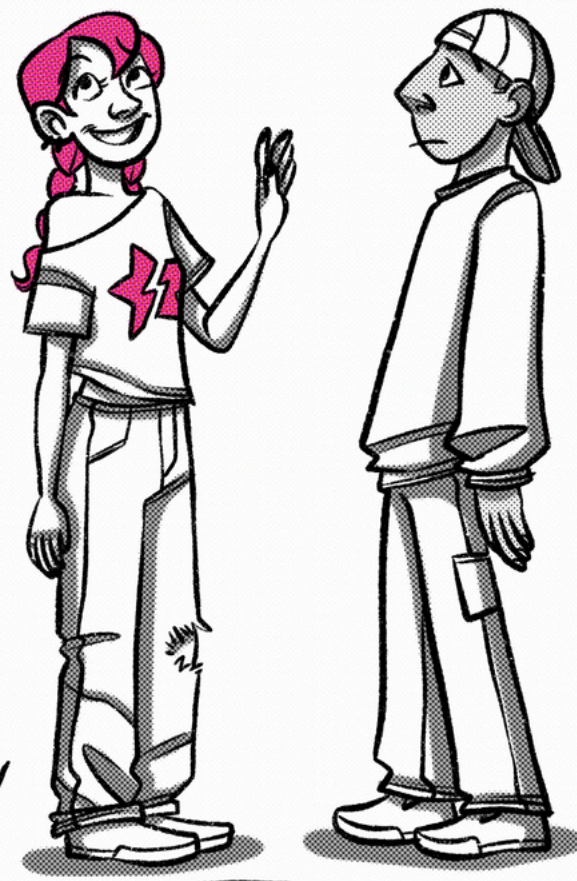




(Seriously, it's an acquired skill. Speaking as a recovering people pleaser.)

(And it can save you a lot of grief.)

It all comes back to healthy boundaries, right?



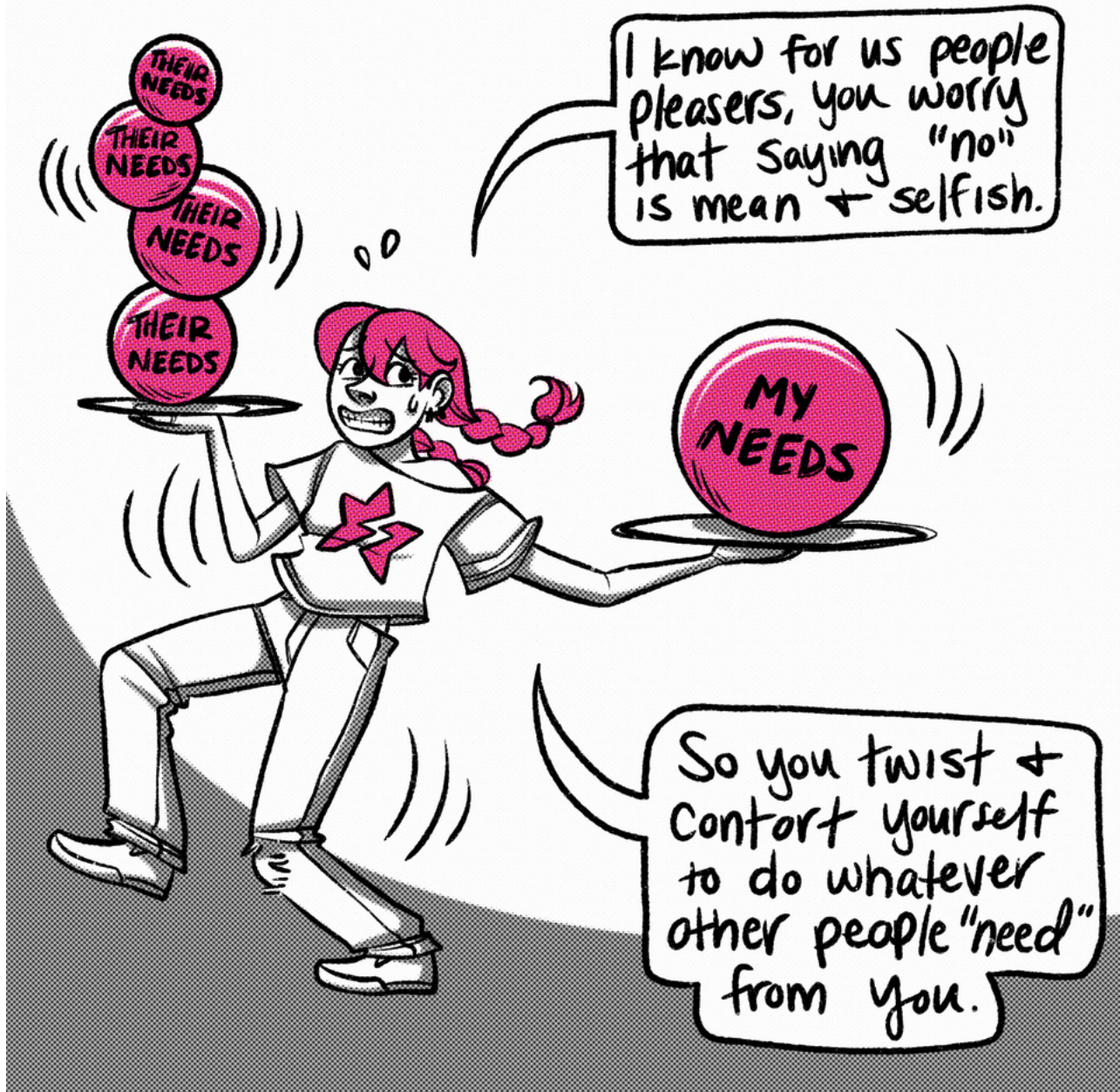
Because hey: you don't have to give people uninhibited access to you.

Like of course, caring for
& being there for
others is very important.
But you can only do
that if you take
care of your needs
too. And often, that
comes with saying...

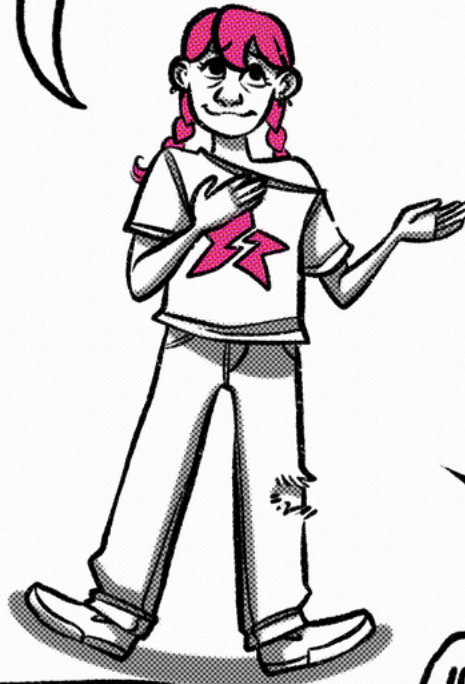
HEY CAN YOU DO
THIS THING FOR ME?

SORRY, NO.





BUT, not every "no" has to be cruel or aggressive at all. In fact, it is kinder to be clear.



"Sorry, but I don't have the time for that right now, so no."

"No thanks, I'm staying home tonight. But thank you for the invite!"

A huge part of adulthood is knowing that your "no" card is powerful + important.



Fight those worries about pleasing people, and pull it when you need to.