

# Wake Up Pray Up Boss Up Podcast

## Episode 6: Break Free from Busy!

“Saying no can feel hard, especially when we’re used to saying yes to everything. This worksheet will guide you through reflecting on your priorities, identifying areas where you can say no, and practicing saying no with grace. Let’s focus on what truly matters!”

### Step 1: Reflect on Your Values

1. Write down your top 3 values that guide your life. If you’re unsure, go back and listen to Episode 3 for help identifying them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2. Think about how these values influence your decisions. How do your values guide your priorities?

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Is there anything in your life right now that doesn’t align with these values?

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## Step 2: What Keeps You Saying Yes?

1. What makes it hard for you to say no? Check all that apply:

- Guilt
- Fear of disappointing others
- Fear of missing out (FOMO)
- Not wanting to seem unkind
- Other: \_\_\_\_\_

2. Reflect:

What's one situation recently where you said yes but wished you'd said no? What was the result?

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## Step 3: Practice Saying No with Grace

1. Use this formula to craft a polite but firm "no" response:

Thank them: "Thank you so much for thinking of me."

Be clear: "I can't take this on right now because..."

Affirm them: "I know this will be great, and I hope it goes well!"

2. Practice writing a response for a common request:

Request: \_\_\_\_\_

Your response: \_\_\_\_\_

3. Role-play: Practice saying your response out loud or with a friend.

## Step 4: Overcoming Guilt and FOMO

1. Think of a situation where you've felt guilty for saying no.

Write it down:

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2. Now reframe the situation:

What did saying no allow you to say yes to instead?

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3. Memorize this verse to remind yourself that God's purpose prevails:

**"Many are the plans in a person's heart, but it is the Lord's purpose that prevails." (Proverbs 19:21)**

## Step 5: Reflection and Action

1. Identify one area in your life where you need to say no more often:

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2. Set a goal for this week:

What's one thing you'll say no to in the next 7 days?

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3. Affirmation: Write a positive statement to remind yourself of your power to make aligned decisions.

**"I will protect my time and energy by saying no to what doesn't align with my values."**

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## Conclusion

**"Great job completing this worksheet! Saying no with grace is a skill, and like any skill, it gets easier with practice. Keep this worksheet handy to remind yourself of your values and the power of a thoughtful no. You've got this!"**

## Want to dive deeper with purpose?

**"I'm so excited to share that my coaching membership launches on January 10th! This membership is designed to help you prioritize your physical and mental health, align your life with your values, and boldly step into God's calling for your life. If you're ready to stop the overwhelm and start living with intention, this is for you. Stay tuned for more details!"**

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