How To Say No Without Guilt And Create Space For Success with Helene Rennervik

with Helene Rennervik · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Coach Helene Rennervik created The Power of No Without Guilt, a program that helps high-achieving professionals set boundaries without feeling guilty.

- [ ] Pause before you say yes and ask whether the request will serve you, now and in five years.
- [ ] Answer requests with: Thank you so much for thinking of me. Can I look at my schedule and get back with you tomorrow?
- [ ] Ask yourself whether you would talk to your best friend or little sister the way you talk to yourself.
- [ ] When something shows up, ask: What is this? What do I do with this? Can I change it? How do I change it?
- [ ] When something feels wrong, ask what's right about it that you aren't getting.
- [ ] Plan your week on Sunday and pick about three things to focus on each day.
- [ ] Check in with your body each morning, and rest when it tells you to.
- [ ] Narrow your values to about three and make decisions from them.
- [ ] Take Helene's free People Pleaser quiz to see where you fall.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/say-no-without-guilt-helene-rennervik/
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