

# It's not a negative word

We are excited to deliver this edition of your Weekly Winning Resource all about the word no. This small, but mighty word, often gets a bad rap. We don't like to hear the word no and typically we don't like to tell others no either. Using the word no can feel like a negative thing, but honestly that's just not true. The truth is, using the word no is a huge time saver, and when used appropriately, it often results in a better outcome for both parties. We all have the right to say no and we shouldn't fear using it. The problem is, when saying the word no, it triggers a wave of negative emotions. We often feel guilty and we worry about offending someone. These emotions make it very difficult to set the needed boundaries to stay focused on our most important priorities, and isn't that what saying no is about? No is not a negative word, it's quite the opposite. In most situations, it can be the most positive word we can use or have someone say to us. The word no can protect you from further frustrations. Think of a time when someone said yes to you, but their heart wasn't in it. It would have saved a lot of time and hassle if they had just said no to begin with. We must learn to say the word no and learn to graciously accept the word no. If you intend to successfully achieve your goals and dreams, using the word no will be one of the best tools you have to prioritize and stay focused.

## Your Weekly Winning Word:

**No:**

*not at all; an act of refusing.*

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## **Your Weekly Winning Article:**

Why is it that one of the most important words to say is also the hardest? It is not a bad thing to say no and no is not a negative word. If you struggle with saying no and could use some pointers to help you use this powerful little word, check out our Weekly Winning Article, "Know when to say no!" [Click Here to Read](#)

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## **Your Weekly Winning Challenge:**

Consider something you are being asked to do, and make a clear decision if it is something you should say yes to. Use the questions in the Weekly Winning Article to help you make the best choice.

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## **Your Weekly Winning Quote:**

**"The word no is a great time saver. Say no to anything that is not the highest and best use of your time. ~Brian Tracy**

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If saying the word no is difficult for you, having a coach will help you get clear on what you should focus on. Consider our Launch My Success Membership. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here: [Learn More – Success Partners](#) Having a coach is an investment that you can expect to get a return on, it is not an expense. The time is now...What are you waiting for?

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**WE NEED YOUR HELP**...Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!

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<b>JUNE</b> WEEK 2  	<b>MONDAY</b> 7 Kart & Kim's Weekly Confabulation 2:30PM CST Live on our I've Decided Facebook Page	<b>TUESDAY</b> 8 I've Decided to Ride Information Session By: Heather Fitzanko Virtual on Zoom 5:00-5:30PM CST	<b>WEDNESDAY</b> 9 I've Decided to Ride Information Session By: Heather Fitzanko Virtual on Zoom 5:00-5:30PM CST	<b>THURSDAY</b> 10
	<b>FRIDAY</b> 11 I've Decided to Ride Information Session By: Heather Fitzanko Virtual on Zoom 5:00-5:30PM CST	<b>SATURDAY</b> 12 I've Decided to Ride Information Session By: Heather Fitzanko Virtual on Zoom 5:00-5:30PM CST	<b>SUNDAY</b> 13 Weekly Winning Resource Arrives in your Email at 5:15pm	<b>NOTES:</b>

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If you missed the last Community Networking & Learning (CNL) on Thursday click on our past recordings link below to watch! Included in your membership are the recordings of our events.  
[Past Recordings – Members Only](#)

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[I've Decided Media – The Journey](#)

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