

Say “yes” to believing in yourself

May 2016 Newsletter



“No” is a very important word. It’s a way to protect yourself from trying to please other people all the time. It helps you set limits and put aside time to meet your own wishes, needs and goals.

Then there’s “yes”

Yes is entirely different. Yes isn’t about protecting yourself; it’s about believing in yourself. It’s about taking action and making the most of opportunities. And it’s just as important to know when to say yes as it is to say no.

The power of yes

There are times when saying yes could create real change in your life. Here are some examples:

- **When you say yes to something that seems risky.** Sure, it’s cozy and secure within your comfort zone. But how about venturing out of that zone now and then to try something new? Comfort zones can keep you from growing. You can build creativity and coping skills by taking on challenges that feel “comfortably” risky.

You don’t have to bungee jump or skydive. But how about starting or getting involved in a new social or interest group? Reaching out to make a new friend? Turning a hobby into a side business? Trying a new sport?

Think about taking a calculated risk by saying yes. You may surprise yourself by enjoying the experience and expanding your list of successes.

- **When you say yes to something you said no to before.**

Can you think of something you’ve been afraid to try for fear of failing or being embarrassed? When was the last time you considered it? Does it still seem as scary today? Do you still think saying “no” is in your best interests? For example, have you been afraid to try for a promotion? Hesitant to try a new haircut or clothing style? Worried about traveling to new places?

Things that might’ve frightened you in the past could be less daunting now. That’s because you’re a different person today. You have more life experiences than you did even yesterday.

Don’t be afraid to revisit your past choices. This time you may say yes and change your path entirely.

- **When you say yes to change.** Many people dislike or even fear change. Yet change is the norm in life. Say yes to change by looking for the positives and finding ways to embrace the new. You can honor the past and still adapt to the present.

Break new ground with yes experiences

When you say yes, you show belief in your ability to overcome obstacles, manage setbacks and develop new skills. You’re giving yourself the chance to feel great about yourself. Open the doors to growth with yes.