

Giving yourself the gift of “yes”

June 2013 Newsletter



There are countless books and articles about how to say “no.” And no is a very important word.

It’s a way to protect yourself from the struggle of trying to please everyone else in your life — except you. It’s a way to set boundaries and make sure you’re making time to meet your own wishes, needs and goals.

But then there’s also “yes”

Yes isn’t about self-protection. It’s about opportunity. And it’s just as important to know when to say yes as it is to say no.

Here are some times when saying yes can really be a game changer:

- **Say yes to something that seems risky.** Sure, it’s safe and secure within your comfort zone. But how about wandering out of that zone now and then to try something new?

Comfort zones can become suffocating. Build your creativity and coping skills by taking on a challenge that feels “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? Starting a side business? Trying a new sport? Changing your haircut? Take a calculated risk by saying yes.

- **Say yes to something you said no to before.** Can you think of something you’ve always shied away from? Does it still seem as scary? Do you still think saying “no” is in your best interests? For example, have you been afraid to try for a promotion? Afraid to try a new relationship? Afraid to travel to new places?

We all change. Things that might’ve frightened you in the past may not seem as intimidating now. That’s because you’re a different person today: You have more skills and you’re more experienced.

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

When you say yes, you give yourself the opportunity to try something new and feel great about yourself. Open the doors to growth with yes.