

# A SIMPLER LIFE...

Issue 20

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## No, but thanks for asking...

SIMPLICITY  
LIFE COACHING

*Find the joy and let go of the struggle!*

*Helping you to De-stress, Simplify and Create a Life you Love!*

Dear Simpler Life Readers,

Its December again – already! I remember when the summer holidays felt like they went on for ever. Now the whole year goes by in a flash! All the more reason to make sure we enjoy the lives we have don't you think?

So, this newsletter is to help you rethink how and why you say "No" – a great way to get the most out of your life!

Also with this newsletter is your 2009 Goal-Sheet to help you think about what you'd like to achieve next year. The quiet time between Christmas and New Year is a great time to do this...

Our experiences of living our island life 'dream' on Salt Spring (it's not as easy as you might think) continues on the blog [www.lifeonsaltspring.com](http://www.lifeonsaltspring.com). The intention is to entertain - and hopefully also inspire you to follow your heart and live the life of your dreams...

And my business vision to support fellow coaches and people who want to coach themselves by providing online life-coaching tools, workbooks, audio meditations and other resources is coming along nicely - although slower than I would like. Which reminds me of my project management days: If you've done it before – double your time estimate. If you haven't done it before - quadruple your time estimate...

If you have any questions, thoughts, ideas or favourite quotes I'd love to hear from you! As always, thanks to my family, friends and ever-fabulous clients! Warmly,

*Emma-Louise*

### THOUGHT FOR THE MONTH

*It is not because things are difficult that we do not dare, It is because we do not dare that they are difficult." Seneca*

## Saying No, Staying Sane...

*The Christmas holidays are coming and the craziness for many of us has probably already begun. There are many ways to stay sane while all about us are losing their heads – but the easiest is a two letter word – No!*

I love the way some Italians say "no" – intense, passionate, often with a lengthy high-pitched 'nnnnnnnnnn' sound followed by a deep-tone short 'o' (like the 'o' in not). A no holds-barred, slightly comedic and unapologetic "Nnnnnnnn-o". We could all learn from these Italians this holiday season!

We need to know ourselves well enough to say "Yes" to what's important to us and to confidently say "No" to what isn't. It's that simple... But simple is not always easy - how do we know what's really important to us?

Well, here are some tips. Say "Yes" if:

- 1) You're TRULY excited about the event/activity
- 2) If it moves you towards your goals
- 3) If it aligns with your values

Say "No" if:

- 1) You're exhausted
- 2) You're dreading it
- 3) You're unsure how you feel (try "My schedule is full – can I say no for now and let you know?")

There will be conflicts. You're tired but there are events/activities you need to attend in order to meet career goals or maintain relationships with friends and family. And if you have children who depend on you for transport – you will need to factor their needs in too.

The key thing is to take a step back and make sure your program is BALANCED; things for you, duty visits, things for your kids, your partner, career AND rest and recovery!

So, take an overview of your entire December schedule. Then if you have several things back-to-back you can book in rest and recovery or "me time" in advance! Let people know and put steps in place NOW to make that happen (massage anyone?)

And whatever you decide – make sure you're in a state of acceptance. You can do this by saying "I'm tired/ I'd rather be at home/don't like Fred and Mary, but I've decided I'm going and I'm *choosing* to be OK with that."

If you're still not sure about an event ask yourself, "Will I look back in 5 year's time and think this was the right thing to do?"

Saying "No" is generally the safer bet; it's much easier to change from a "No" to a "Yes" than from a "Yes" to a "No".

And finally, even if you previously said "Yes", REMEMBER you are ALWAYS allowed to change your mind! But it takes courage to disappoint others – instead of compromising our values and disappointing ourselves...

*"There are only two words that will always lead you to success. Those words are yes and no. Undoubtedly, you've mastered saying yes. So start practicing saying no. Your goals depend on it!" Jack Canfield*

## RECOMMENDED READING

1. **Getting To Maybe** Westley, Zimmerman & Patton  
Think you might like to make a difference someday? This may be the book to inspire you. It's pretty big stuff with lots of examples.
2. **Give Me Time** Mindgym  
A handbook all about time! If you want to understand how and why you spend your time, learn time-saving tips and develop new habits this book is for you. Lots of quizzes!

PS. Don't forget your local Library - you might be able to read these books for free!

## ENLIGHTENING LUNCHBREAKS

[www.smartypig.com](http://www.smartypig.com)

Save for specific goals and encourage others to contribute! A competitive interest rate for savings goals from \$250 to \$250,000. Ask for contributions to travel around the world or to start your business for Christmas instead of more 'stuff'! There's an option to link to Facebook/your website.

[www.oxfamunwrapped.ca](http://www.oxfamunwrapped.ca)

This is the Canadian website (Oxfam has other country-specific versions). So instead of giving 'stuff' to your friends and loved ones why not give a goat, seeds, training or water to people in need? Many local charities also offer gift-giving programs - why not check them out?

## There is no such thing as... a "White Lie"

*It's interesting how in Western culture "lying" is seen as something bad and the truth as morally superior.*

I don't think morals come into it. The problem for me with lies is that - 'white' or otherwise - there is always the risk of the truth being uncovered, hurting someone and possibly damaging our reputation - even with the best possible forethought and intent...

And what makes a lie 'white' anyway? It depends on who judges the situation and *their* values and morals.

I say avoid lying altogether and learn a new skill - **sharing an acceptable truth**, FINDING a way to be truthful - however small the link. Someone had a bad haircut and asked your opinion? Maybe you love the colour, or perhaps you preferred the previous style.

So, let's link this to saying "No". Imagine you've been invited to dinner but intensely dislike the other couple they've invited, or perhaps you don't consider the host good enough company to spend a precious Friday night with. An acceptable truth could look like "I'm exhausted and I always feel worn out after spending time with Bob" or "Friday nights are precious right now - and I'm spending them with myself/family".

And if you can't think that fast yet, buy yourself some time to come up with an **acceptable truth** with the tips below!

### 10 TIPS FOR SAYING "NO"

Women seem to have a harder time saying "No" than men. I think we worry more about hurting other's feelings and what others think of us.

But when anyone says "Yes" and would rather say "No" what we're really saying is, "Your needs are more important than mine". So, next time, try these tips for saying "No":

1. Ask yourself "Whose needs am I meeting by doing ..... - mine or theirs?"
2. "No, but thanks for asking."
3. "I already have a ..... appointment"
4. "I'm away from my desk, can I let you know once I have my diary in front of me?"
5. "I'm in the middle of something/a tight deadline. Can I get back to you tomorrow?"
6. "No thanks, but John would love that!"
7. "I don't have time for anything except this proposal at the moment."
8. "No, I'm exhausted, but thanks for asking."
9. "I'm booked out. Shame the invite didn't go out earlier, maybe I could have fitted it in"
10. "No, but I could come for an hour..."

*No is a word of power - relearn how to use it!*

*"There is no pleasure in having nothing to do. The fun is in having lots to do and not doing it."*  
**Mary Little**



*Find the joy and let go of the struggle!*

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If you know **someone else** who might enjoy this e-zine, simply **forward it on** or they can **sign up on the website at** [www.simplicitylifecoaching.com](http://www.simplicitylifecoaching.com)

### MONTHLY CHALLENGE!

The aim of this box is for you to help **change the world** - but starting with you! When we're happy and look after ourselves we're better people to be around AND have more energy for others!

So, want some help deciding what to say "No" to?

You could start by making a list of the Top 5 things you are **TOLERATING** in your life right now (you know what these are):

1. ....
2. ....
3. ....
4. ....
5. ....

And simply resolve to say "No" to one of your 'tolerations' above:

From today I am going to say "No" to:

.....

I'm curious how that feels - maybe a little bit scary but like a weight has been lifted? Well, try this once a month and I guarantee you'll feel lighter!