

Time Management Tactic: Become really good at saying “NO”

In the video on Time Management, I spoke about assessing whenever someone asks for your time: Whether they need a quick favor, a task at work, a question you can help them answer. If someone is taking more than 15 minutes of your precious time, consider how it helps you. Are you working their agenda or yours?

No longer being the YES girl and learning to say NO when you need, will open up a ton of TIME for you to work on your career or business.

The following post was shared with me on Facebook regarding a piece I tweeted on time constraints. What Irene points out below could not be truer. Usually when we are too often saying yes, keeping ourselves busy with other people’s agenda’s – we are in reality hiding from the fears we have ourselves. Once you say NO, you have to commit to something and that something can be scary! I get that. I have been there. Do it anyway. I promise you will grow, it will raise your confidence and you will move to a new level. 😊 All about the **Gutsy Moves!**

Overwhelming time constraints stopping in your tracks today? Been there.
#TimeManagement <http://ow.ly/UfADf>

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Irene Ross Marisa--I heard something really interesting the other day. The jist was that saying "no" can help improve your productivity--then goes on to say (and this is the part that gave me pause) that when someone constantly says "yes" they are purposely keeping themselves in a state of overwhelm so they can avoid doing what they fear (fear--there's that word again. It always comes down to that, doesn't it.) ❤️

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Marisa Santoro Yes that pretty much sums it up Irene, thank you for pointing this out. Going gutsy requires you to take a stand for yourself and step into faith not fear. If you're ever unsure of that when you give your time away, ask yourself, am I working mine or someone else's agenda? If its the latter you know what to say. :) xoxo

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Irene Ross I had JUST that conversation this afternoon with someone 😊

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