Bold No Script Set

Protect Your Energy. Reclaim Your Power.

Why You Need This

Every "yes" you force out of guilt chips away at your clarity, energy, and self-trust.

This toolkit helps you practice the *art of saying no*—not with anger, but with unapologetic self-respect.

Bold "No" Scripts for Work and Life

At Work

1. *"I don't have the capacity to take that on right now."*

2. *"That doesn't align with my current priorities."*

3. *"I can support in a limited way, but I can't own this."*

4. *"Thanks for thinking of me. I need to pass on this one."*

5. *"If this is urgent, we'll need to reassign something else."*

In Life

6. *"I'm focusing on rest right now, so I'll have to decline."*

7. *"That sounds great, but I'm not available."*

8. *"I appreciate the invite, but I'm saying no to protect my time."*

9. *"I'm practicing boundaries, so this is a no for me."*

10. *"I care deeply, but I can't be the one to help with this."*

The Bold No Decision Flowchart

Step 1: Does this align with my current energy, values, or goals?
→ Yes: Consider it with intention.
→ No: Proceed to Step 2.

Step 2: Will saying yes require me to sacrifice rest, priorities, or sanity?
→ Yes: Say no.
→ No: Consider renegotiating scope or timeline.

Step 3: Can I say no without guilt?
→ Yes: Deliver your no with grace and clarity.
→ No: Use a script above and *breathe*. Boundaries get easier with practice.

Reflection Prompt

"What would I say yes to if I weren't so overcommitted?"

Use this as your compass. Your "yes" should light you up—not shut you down.

Sticky Reminder

"No isn't rejection—it's protection."

Usage Ideas

- Print and tape to your monitor
- Highlight your favorite 2–3 for daily use
- Use with your Phoenix Planner or Burnout Filter
- Share with a friend who needs backup

Bold Moves. Limitless Future.

This page is fuel.
Clarity. Boldness. Forward motion.
Find more tools that spark progress at SterlingPhoenix.net

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