Things I Say Yes To

"It is easy to say no when there is a greater yes. Saying no is key to your staying on track and on purpose."
- Stephen Covey

Please write down the things that you are saying yes to. By saying yes how are you saying no to yourself?

Things I Say Yes To	How I Say No to Myself

For additional support during this process contact melinda@pathseekerslifecoaching.com or by phone at 1-888-92-(Coach) 26224

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