

Just Say No!!!!

1. Just No

Thanks but I'll have to give that a miss.

Say it. Then shut up. Let them pursue it if they dare.

2. The "Gracious" No

Thanks for asking me asking me, but I'm already committed.

This is a soft way to say no.

3.The "I'm Sorry" No.

I wish I could but it's just not convenient right now.

Always works better if you look rushed when you say this.

4.The "Blame Someone Else" No.

I promised my coach I wouldn't take on any more projects without discussing them with him first.

This gives you time to think about it. Use this when your not sure if you want to say yes.

5. The " My Family Is The Reason No"

Thanks for the invitation but that's my daughter's.....day.

Best if it's true, however this one has been the victim of many a white lie.

6. The " I Know Someone Else No".

I just don't have the time right now, but I can suggest someone else that could help.

Gets you off the hook and still helps them out.

7. The" I'm Already Booked No"

Thanks for thinking of me but I'm already booked that day.

Use this one if your planning anything that's important to YOU.

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