

## Try This

### “No” Means Nothing to Me

We use this exercise in our workshops, and it always receives a very positive response. Below is a list of statements that you should read with your abundance buddy. Take turns reading the A and B statements. Try to go through the list three or four times with your partner in one sitting. When you are done with this exercise, “no” will mean nothing to you!

A: Do you think I am smart?

B: No.

A: No means nothing to me.

A: Do you think I’m pretty?

B: No.

A: No means nothing to me.

A: Do you think I have a nice house?

B: No.

A: No means nothing to me.

A: Do you think I have a great job?

B: No.

A: No means nothing to me.

A: Do you think I am kind?

B: No.

A: No means nothing to me.

A: Do you think I have good taste?

B: No.

A: No means nothing to me.

A: Do you think I am rich?

B: No.

A: No means nothing to me.

A: Do you think I have nice friends?

B: No.

A: No means nothing to me.

A: Do you love me?

B: No.

A: No means nothing to me.

A: Do you think I look young and beautiful?

B: No.

A: No means nothing to me.

A: Do you think I am popular?

B: No.

A: No means nothing to me.

A: Do you think men like me?

B: No.

A: No means nothing to me.

A: Do you think I am successful?

B: No.

A: No means nothing to me.

A: Do you think people want to be my friend?

B: No.

A: No means nothing to me.

A: Do you think I am fun?

B: No.

A: No means nothing to me.

A: Do you think I am happy?

B: No.

A: No means nothing to me