

**Try This**  
**Just Say “No”**

Practice makes perfect when it comes to No. One of the exercises I like to do in my abundance workshops is to go through a list of requests and questions and have the participants reply “no” until they are comfortable saying it. Below are some sample questions.

Have a buddy ask you each question. Reply “no” after each question. The first few times saying “no” might make you very uncomfortable. You may have to do this exercise several times before saying no loses its hold on you. Then trade places.

1. Can you help me with my project?
2. Can you walk my dog?
3. Can you lend me \$100?
4. Can I borrow your new shoes?
5. Can you do some research for me?
6. Can I leave early today?
7. Can you cancel your workout and come out with us instead?
8. Can I leave my storage boxes in your basement?
9. Can you read this report for me? It’s due tomorrow.
10. Can I use your Rolodex for contacts?
11. Can you fix my computer?
12. Can you find a new doctor for me?
13. Can I borrow some money?
14. Can I use your car?
15. Can I come in late tomorrow?
16. Can you go shopping with me?
17. Can I borrow your dress?
18. Can you take me to my appointment?