



HAVASS
Academy & Coaching

DAY 24

Imagine your life as an imaginary circle.

You shine brightly in the center.

Those you love and keep in your life are strung around the circle like beads.

Remember, you are at the center of your life.

Do not break away from your center, but weave a dazzling membrane of light around it. Be so centered that what happens outside cannot hurt you. Don't let it come through that membrane. Today I'm going to talk about the biggest demarcation rule; say no. The word "no" still sounds rude to many of us. Saying no is not rude, it is drawing the boundaries. Happy people draw their boundaries and don't allow that boundary to be crossed unless they want to themselves.

Don't you want to go out? Say no.

Does the favor you've been asked feel like an ordeal to you? Say no. Don't you want to watch that movie? Say no. Politely declining to say no doesn't mean you're being rude. It means you have boundaries, are confident, and know what you want. So I challenge you; politely thank and say "no" to anything that bothers you today, if it's not for you or doesn't suit you. At the end of the day,

write a moment on the worksheet where you said "No" and how it made you feel. Remember; This is a situation that you need to pay attention to and apply from now on instead of doing a daily task. Therefore, this duty is valid until the end of your life. Of course, if you don't want to, you can say "No, thank you." :) See you tomorrow.



Tasks

- For situations you don't want internally, say "No, thank you." Write your experiences and your feelings on the worksheet at the end of the day.
- Listen to your affirmation before you go to sleep at night.

