

Ep 124 Power of Saying NO

Tue, Aug 01, 2023 10:22AM • 11:27

SUMMARY KEYWORDS

friend, rid, feel, lunch, life, marple, day, stressed, activities, kids, jen, tips, calendar, invitation, anxiety, embrace, goals, week, attend, appointment

SPEAKERS

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Unfortunately, we as women, we really get into this place in life where we are just saying yes to everything we say yes to everything with our kids, to a spouse, or a partner or a friend, etc, etc, etc. The list goes on. And I like to say, everyone is going to be trying to take your time if you let them see you can't let them Hello, ladies, welcome to the Jen Marple show Summer Series. I'm replaying several of my very favorite solo podcast episodes featuring my top tips for success in business and life. These are short episodes filled with easy and actionable life and business advice that you can apply to your life right away. I firmly believe that these tips will help you rock and roll this summer and help you slay all the beautiful things you're working on today. And help you plan for the future. Happy Summer ladies and happy happy listening. Hello, everyone, and welcome to the Jen Marple show. I want to talk a little today about my favorite word, which is no. And if you follow me at all in the social media world, you know, I am always talking about saying no, there is such power in saying no. And the only way we can actually be intentional and on purpose and go for goals go for dreams and change our lives is by saying no. Unfortunately, we as women, we really get into this place in life where we are just saying yes to everything we say yes to everything with our kids, to a spouse or a partner or a friend, etc, etc, etc. The list goes on. And I like to say everyone is going to be trying to take your time if you let them see you can't let them you can't let them. So what I like to do, I'm gonna give you guys a couple tips today. And I know it takes practice and it takes time. But if you are thinking about starting a business or you are in a business, you have a corporate job, you're thinking about starting something on the side, you are just trying to get through life. You've got kids and you're crazy busy. This piece of advice saying no is for everyone it is for everyone. And this is one of the beautiful things to midlife, you guys, we all we have said yes. So many times it is our frickin time now to say no. So on Sunday nights, the first thing I do is I look at my calendar for the week. And I'll tend to put things in like maybe somebody invites me to lunch, I have a meeting, I've got this, I've got that maybe there's a networking thing. There are things that are sort of optional. And they're like I always try to weigh like what the benefit is of saying yes to something. So I'll look at the week, and I'll go what is absolutely necessary because of course work things are necessary things with your kids, certain things with your kids are necessary. So you're you're able to determine what's absolutely necessary. Then there's those add ons. So I like to say, a friend of mine had said this, if it's not a helpful body, yes. And it's just a hell no. And how you figure that out is there are things on your calendar that you have to do, yes. But then if these things that you're looking at, if

they're not bringing you joy, if they are not moving you towards a goal, if they are not providing you that rest and relaxation that you really want, maybe it's a self care activity, you've got to get rid of it. If you look at something on your schedule, you go there's a lunch with so and so and you kind of go get rid of it. That is the quickest way to get rid of it. If you see something planned on the weekend, you've had a busy week. And these can be game day decisions, too. And you're like, Oh, get rid of it. I'm serious, you guys, you've got to get rid of it. So now we've learned how to get rid of it. How do we get rid of it? We kind of have to embrace how men would do this, they'll just gonna say can't go. They're not going to give a 20 minute voicemail about why they can't do something. I just had something recently, I hosted an event. And I was laughing. Because all the women who said they couldn't go, they could have just said I'm sorry, I can't make it. Oh, paragraph paragraphs have I got to do this. And I've got to do that. And I'm leaving late for work. And I've been this and I've been that and the kids in the schedule. And look, I don't need to know any of that. Nobody needs to know any of that. You don't need to say any of that. When you decline an invitation or a request for your time. Just say, No, I'm sorry, I can't make it and wish you well or blah, blah, blah. Some people like to just say no full stop. And I feel like when you're going from paragraphs of an excuse or a reason that you're not going to just a full on just no period that might feel a little drastic. And that might just be hard to do at the beginning, but you're going to work towards that. So in the meantime, you can just say I'm sending my regrets. Thank you for the invitation. Don't need to say why you can't go. Don't regrets. I hope you have a lovely time. I'm sorry that time too. doesn't work for me. I'm sorry, this doesn't work for me this weekend, whatever it is, but really think about it. And then think about everyone who's asking you for your time. And if you've got younger kids, this is especially true because there's all that stuff like at the school, and there's birthday parties, and there's this and there's that. And you could run yourself ragged. And I have saying yes to doing everything. And then where is your time for you? Because like I said, we all have that stuff that we have to do. Got it. We know we're working, we're making money, we're doing all these things, there are things you have to say yes to Yes, you got to take your kids to doctors, dentists, appointments, there's all that stuff already there, that you should really feel empowered to say no. And so I have really embraced this concept to this year, I look at my calendar, and I'm very, very focused. So every week, I look. And if I start getting stressed, something's giving me anxiety, and like, I just can't fit this in, or this is not going to benefit me. And it's giving me the opposite. Something that I thought was going to benefit me is actually giving me anxiety, get rid of it, get rid of it. I actually just did this the other night. And you know, we're programmed to feel sort of bad about it. It was about midnight, I've been going three days in a row, there had been some events I've been doing. And I was supposed to attend a networking event add to the ungodly hour of 7am, the next morning, and I said, You know what, I have been working all day and into the night with these events, I cannot get up at 6am and do a 7am to 830 networking call and then go into a very full day with all my work related activities. So I wrote an email at night. And I didn't give any excuses why I just said I'm sorry, I'm not able to attend this. Thank you for your invitation. Okay, see how I did that. Full stop, boom, done. I'm not getting up. I'm not stressing out. I'm not worrying what people are thinking about me because I didn't show up. Things happen, guys. So I really want you to embrace this. It's giving you stress, if it's giving you anxiety, get rid of it, then I know this is really hard. All of you out there with big hearts. Like me, you want to say yes to your friends, you want to go to everything, you want to go to all the dinner parties, you want to go to the lunch or whatever it is. Just say no, we don't have a lot of time we don't. And so strategically look at how maybe you can see friends that you want to see by gathering maybe them all together for a one and done situation. I always get stressed when someone's like, Hey, meet me for coffee, or this and that I'm like I

don't I don't do coffee. I really don't do coffee, I don't have time, I don't have time for lunch, it's really rare that I would go to lunch with anyone. So just embrace that concept of if there are people you do want to see you can't run around running here running, they're doing this doing that. See if you can gather them all in one spot. If you want, like have a dinner party, have a lunch, go on a hike, do something like that, gather them all together, and you can go okay, I've checked the friend box, I've seen my friends, it's great to see your friends. But I know at this stage in life, there are so many things pulling at you and you just have to protect your peace, you have to protect your sanity, full stop. It's a nice problem to have that people want to see you and spend time with you. But again, not everyone gets access to you. And this is going to go into another thing a little off the topic of No, but still in the same realm. And that is really think about who you're spending this time with. If you look at that appointment, or whatever the lunch, the dinner, and it's with friends you just kind of have grown away from but it's kind of a routine thing, get rid of it. If it is a friend who sort of sucks you dry, and it's a one way conversation, it's not going to fill you up, get rid of it. Only say yes to these things. If it's going to make you feel like you're being lifted up enhanced, or you're just going to flat out have so much fun and everybody needs to have a lot of fun and have that release. So what did we learn today? Ladies, we learned that we are going to say no, Jen, you say yes to anything? Yes, of course I say yes to things that are a full body. Yes. A full body. Oh, I'm gonna have so much better oh my god, I'm going to meet the most amazing people or oh, gosh, I'm looking forward to meeting this. This new group of people in a networking group, etc, etc, etc. You can do game day decisions. You can do weekday decisions, you can do the planning out the month type of decision making. I do it all, because you never know how you're going to feel. This is a funny aside. I get very stressed out when people try to make plans with me weeks in advance. Say I am sort of a last minute kind of gal unless it's a big thing. Someone's having an event. That's a different story. But can you go to dinner with me in three months on this date? Nope. Sorry. I lose my number. I cannot tell you how I'm going to feel I don't know what's going on in three months. If you want to plan something in the next week or two. I'm your girl. Do not ask me to do anything farther in advance than that it's not going to happen. It gives me anxiety, because I don't know what my life is going to be. You can do it, you guys. So we're going to say no to things that don't move us towards our goals that do not lift us up or enhance our lives in any way, or that are not just superduper fun things that we all deserve to go out and do like going to a concert going to lunch with a friend going on a hike or something like that. And then we're going to say yes, to the things that make us happy. Yes to great opportunities. And yes to ourselves, we need to and that really by saying no, this is your main tool to be able to put your self first. And let me just say one more thing too. Because this came up in discussion that I had with parents of teens. We don't also need to say yes to all the activities and the things and the societal pressure to put our children into everything because that also then most likely, puts a huge bit of responsibility on us to get them to these places and attend these things that they're doing. So your kids don't have to be in 1000 activities if you have kids just don't. So really think about that to stop saying yes to a lot of their activities, just have them focus, and then your life is going to be a lot more calm and peaceful. Just say no ladies, just say no