

25 Ways to SAY NO

BUILT ON YES

JUST SAY NO: Cheat Sheet for Female Founders

A quick-reference guide to help you say NO with clarity, confidence, and zero guilt. Copy, paste, and protect your time ♥

1. The Client Relationship

- That's outside the scope of our agreement.
- If you'd like to explore this, I'm happy to send an updated proposal.
- At this time, I'm unable to offer additional services beyond what we've discussed.
- This isn't something I offer, but I can recommend someone who does.
- Thanks for asking—I'm fully booked.

2. The Busy Summer NO

- I'm unplugging this summer and won't be taking on additional commitments.
- My summer calendar is full, so I'll have to pass.
- I'm prioritizing rest and family right now—thanks for understanding.
- This season's spoken for.
- I'm in maintenance mode this month—no new projects for now.

3. The Feeling Overwhelmed

- I'm at capacity and need to pass.
- Right now, I don't have the bandwidth to give this the attention it deserves.
- I'm focusing on existing priorities and can't add anything new.
- I'm not in a position to take this on.
- Thanks for thinking of me—this isn't something I can commit to right now.

4. The Intentional + Grateful NO

- I'm honored you thought of me, but I'll have to decline.
- This sounds like a great opportunity, but it's not aligned with my focus right now.
- Thank you so much for the invite—I'm not able to join, but I'm cheering you on.
- I appreciate the offer, but I'm saying no to protect my time.
- This isn't the right fit for me at the moment, but I'm grateful you reached out.

5. The Direct NO

- No, thank you.
- That doesn't work for me.
- I'm not available for that.
- I'm going to pass.
- No.