IT'S OKAY TO SAY NO..

- NO, if you don't want to do it.
- NO, if you don't like the people.
- NO, if you would rather relax.
- NO, if it doesn't fit your values.
- NO, if your schedule is full.
- NO, if you don't have the time.
- NO, if you feel forced to say 'Yes'.
- NO, if it makes you feel uncomfortable.
- NO, if it doesn't make you happy.

CHOOSE YOU