Reflection – The Genuine Yes vs. The Obligation Yes

📝 **Instructions:**
Reflect on two distinct experiences:

1. A time you said **yes** and felt energized or fulfilled.
2. A time you said **yes** but felt drained or resentful.

Prompts:

- **Describe the joyful yes experience:**

- **What emotions and physical sensations did you notice?**

- **Describe the obligation yes experience:**

- **How did your body react and what emotions surfaced?**

- **Key takeaway – How can you recognize these patterns moving forward?**

Reflection – The Power of No

🧘 **Instructions:**
Recall a time you confidently said **no** and felt proud of your decision.

Prompts:

- **Describe the situation and your response:**

- **How did you feel afterward?**

- **What made it easier to say no in this case?**

- **How can you apply this approach in similar situations?**