

12 Ways to Say
"No" Gracefully

I'M A NO TO THAT, BUT I'M
A YES

»» «« TO YOU «« ««



I'm not so into that,
but you go have fun!

★ NOT TONIGHT ★

I WANT TO BE IN CONNECTION WITH YOU, BUT THAT DOESN'T WORK FOR ME, **CAN WE DO THIS INSTEAD?**

I'm not available
for anything like
that right now.

★ NO THANK YOU ★

It's really hard for me to
say no to people, but
I'm practicing being
more brave and more
honest, so I'm going to
say no right now.

**I'M
A NO**
for now.

i need to

**BUILD
MORE
TRUST**

before I'd be willing to consider that.

**Not
Today.**



Hmmm...that's not going to work.

**I DON'T HAVE THE
RESOURCES TO
PULL THAT OFF**