

5 Sure-Fire Ways To Say "No" When Pressured to Say "Yes."

1. Your project sounds wonderful, but it is one of those times I cannot connect while trying to _____ (finish my book, meet my deadlines, etc.) Thank you for understanding and cheering me on as I _____ (finish my book, meet a huge deadline.)
2. Thank you for wanting to include me in your endeavor. Unfortunately, I am not able to participate at this time. However, I am _____ (praying for you, cheering you on) for you continued success.
3. While I am honored by your request, and would love to say yes, the reality of my time makes this a no.
4. Thank you for reaching out to me. With all the requests I get for help, I've created a FAQ document with my best tips and advice on your problem. I hope it serves you well.
5. I'd love to meet for lunch, but it doesn't fit in my schedule. Can we connect on the phone instead? I can talk from 9 to 9:30 a.m.

Bonus: For personal requests

I really appreciate you asking me, but I must stay true to myself and decline this opportunity. It is so hard for me to say no, but necessary in this season of my life. Thank you for understanding.