



Ziji Up! – Saying Yes and Saying No

Whenever you make a choice, you are saying "Yes" to something and "No" to other things. Conversely, when you say "No" to something, you are saying "Yes" to others. This may seem basic, but few people stop to think about what it is they are truly choosing when they make a decision. Use the sheet below to practice doing this with choices you have to make. It can also be helpful to write in what *values* you are saying "Yes" to, and what values you are saying "No" to when you make choices.

By saying YES to

I am saying NO to

1. _____
2. _____
3. _____
4. _____

By saying NO to

I am saying YES to

1. _____
2. _____
3. _____
4. _____