

HOW TO LOSE A CLIENT IN 7 DAYS

DAY #4: JUST SAY NO

It is too easy to say, "Yes!" to other people's requests. Therefore you need to start exercising your right to say, "No!" from this day forward. Saying no to things means freeing up time to focus on the activities which will drive you closer to your goals.

Step #1: Do you find it easy to say no to people? YES/NO

Step #2: Do you feel the need to justify why you are saying no? YES/NO

Step #3: Think of a time that you said yes to someone when you didn't really want to and write down the outcome:

