

HELL YES

MAYBE'S

HELL NO

HOW TO USE THIS EXERCISE?

There's a powerful distinction between the words HELL YES and HELL NO!

Take all of the things you are doing at the moment and put them on the list. What you love doing is obviously a Hell YES. What are your dreams? Put them out on the table. What do you really want? What things are you doing that you don't want to do anymore at all. Take as much as possible to HELL NO. Maybe's are insidious. (Quite often they are polite no's, but you just didn't want to hurt anyone's feelings) Learn to say, No for now, I'll sleep on it, and similar language to be sure it's really something you want to do. Check it's not fear or limiting beliefs that have stopped you saying HELL YES, to a brilliant opportunity. Wait until you think about the opportunity and then if it's really a HELL YES, go for it.

This works in conjunction with the table below Energisers and Drainers.

Put all of your thoughts, projects, habits, people etc. on this list. Who/What gives you energy and makes you feel alive? The energisers. Conversely, Who/what sucks the life out of you? The Drainers.

How do we remove the drainers from our lists? Move to a HELL YES or a HELL NO.

NEED MORE HELP?

If you would like to jump on a chat with me to learn more, to help you manage your precious time and energy, feel free to book a call with me via my website. Choose a suitable time and day and book it in with me. I've been there too, a few years before you, and I would love to give you some good honest know how's to help you through!

www.karenbaconrutbustercoach.com Go to Coaching Services in the Menu Bar.

ENERGISER	DRAINERS
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