

# 31

## Week 31 Focus: What to Say No To

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**Focus Question: What are the tasks which you need to let go of and have others complete?**

### Description

Following up on last week's focus on delegation, what do you need to say no to?

Saying no is just as powerful as saying yes.

### Activity

Look back to your past two weeks of exercises – around delegation and commitment. What are the things you rated as a 5 or less? These are likely things that you need to say no to. What would shift them to a YES, of course or a higher rating?



**"If something is not a "hell, YEAH!", then it's a "no"!"**  
James Altucher