

YES OR NO?

HOW TO KNOW



WHEN TO SAY NO
SHOULD I STAY OR SHOULD I GO?

BONUS!
HOW DO YOU KNOW

ACTIVATEANARTIST.COM

ANNIE K LAVEN

Franklin, TN

UNCERTAINTY!

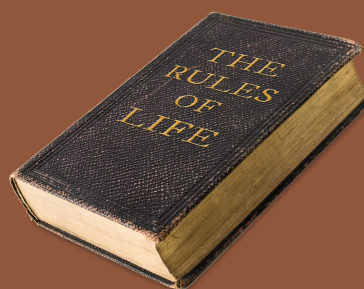
It's how we feel, right? Should I? Shouldn't I? Ugh!! It's been a constant in so many areas of our lives that we seem to have gotten used to the endless hours of doubt and worry causing all those sleepless nights.

But does it have to be this way? Do we have to endure those sleepless nights or is there a reliable way to make decisions quickly and feel good about them? Is there a way to know when to say, "No!"

Long story short....Yes, there is a way!

So.... where do you start?

YOU MUST FIRST DEFINE YOUR OWN RULES.



What do I mean by this? Well, in order to make any decision you have to have something to measure that decision against. You have to be able to weigh it based on something comparable, right? "Yes or No" based on what?

So, who decides what you measure your decisions against?

You do!

In this lesson, you will discover the exact formula you need to create your own rules to remove the anxiety and doubt about making choices and replace it with peace of mind and calm certainty.

*Let's get
Started!*



DEFINING YOUR RULES

I want you to take a moment and think about your daily life. What percentage of your day is positive? You know, your day goes well, you're happy, and you get things done!

% Positive

(write your answer here)

Now, I want you to think about what percentage of your day you would like to be positive?

% Positive

(write your answer here)

Great job! Let's keep moving!



No one ever tells us... but did you know that you get to choose what percentage of your day is positive?



With each choice of yes or no you make, you are choosing how much of your life is positive and how much is negative. You may not get to choose the people you work with but you can choose the degree with which you interact beyond what is absolutely necessary.

You get the idea. So, why not choose how much of your life is positive first and THEN make your Yes or No choices!

We all know life isn't perfect. We all know we can have bad days and so can others. And equally as important, we understand that our bad or good days affect the lives of those around us.

So, in order to set the tone for the life you want to create for yourself and for your family, and to be able to make the right choices for them, it starts with this fundamental question:

In general, across your daily life, how much of your day can be negative and you still be happy?

% Negativity

(write your answer here)

Now that you have an idea of how much of your day can be positive and how much of your day can be negative, you get to define a rule that becomes the very thing you use to help you make **every choice in your life.**

For example:

Your rule could simply look like this:

My 80% Positive/20% Negative Rule

The relationship between how much of your day or life, in general, is positive and how much is negative.

Knowing your rule, you could choose to invite people and activities into your life that add 80% positive to your life and during rough times (20% of the time) you would be 100% there to help.

With this rule in mind, you would be ready to make choices.

It's really just a state of mind you shoot for. It doesn't always happen, but it's important to set it as your standard.

Are you ready to define your rule?

Let's do it!

Below is a list you can use to help you pick the positive to negative relationship that is right for you.

- 50% Positive - 50% Negative
- 55% Positive - 45% Negative
- 60% Positive - 40% Negative
- 65% Positive - 35% Negative
- 70% Positive - 30% Negative
- 75% Positive - 25% Negative
- 80% Positive - 20% Negative
- 85% Positive - 15% Negative



Which one feels right? Write down the relationship you are willing to experience on a daily basis in your life:

% Positive - % Negative
 (write your answer here)

Congratulations! You now have the basis by which you can make every decision in your life. That's pretty powerful!

On the next 2 pages I have listed several random scenarios that would require you deciding whether to say yes or no.

All you have to do is ask yourself whether the situation or choice offers enough of a positive experience for you and/or your family to be able to say yes.

Life is so much more fulfilling when you can say, "Yes!" And it's easier to say, "Yes" when you have not cluttered your life with "Yeses" that should have been "No's"!

YES OR NO



% Positive - % Negative

(insert your personal rule here)

1. Should you accept that invitation to be on a committee or to be a part of an association that requires time and effort?



(Remember... look at the workload, the people involved, and the overall impact of the committee or association and then ask yourself how much of a positive experience will it be compared to negative impact it could have on you or your family? Apply your new rule.)

2. Should you spend the money?



(Look at the amount of money you would spend, then ask yourself how much of a positive experience will it be compared to the negative impact it could have on you or your family?)

% Positive - % Negative

(insert your personal rule here)

3. Should you agree to help build a float or host a party, or move a friend into their new home or apartment, etc.)



4. Should you go on a family vacation with friends?



5. Should you donate your talent or skill?



6. Should you take that job?



You get the hang of it, right! This works for anything!

Spend the Time? Check your rule.

Spend the Money? Check your rule.

Spend the Effort? Check your rule.

Spend the Creativity? Check your rule.

Donate your Talent or Skill? Check your rule.

SHOULD I STAY OR GO?



SAME FORMULA DIFFERENT QUESTION

% Positive - % Negative
(insert your personal rule here)



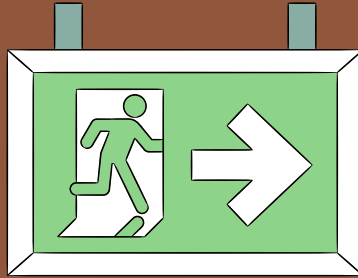
1. Is this person the right person for me?
(Look at the impact this person can have on your life and/or your family's life, then ask yourself how much positive energy will they bring compared to any negative impact.)

2. Should I leave the area?
(If you are in an elevator alone and someone walks in, does the percentage of safety you feel fall below your positive percentage?)

3. Should I quit my job?
(Apply your rule.)

4. Should I leave the party, event, or performance?
(Apply your rule.)

PERMISSION TO LEAVE



The most important thing you want to establish with these choices is a shift toward living in the positive world or protecting the positive world you have created for yourself and/or your family.

Maybe the reality is you live in a 35% positive - 65% negative world. But, now on a daily basis, you get to make choices that shift that positive number up from 35 to 37 then up to 42 and on. It might be subtle but it is progress!

It all starts with defining your rules and making choices that create a positive, dynamic and more fulfilling life!

I want you to know that you have permission to leave if leaving creates a more positive life for yourself and your loved ones.

You deserve it !

BONUS

HOW DO YOU KNOW?

Honestly, how do we know whether our choices are correct? In fact, how do we know whether or not the rule we just established is accurate?

The answer? We must do all we can to honestly know ourselves. We must be willing to take a good look at who we are today and where we want to be tomorrow.

In short, we must be willing to take inventory of our lives.

Today, you get that chance.

The question is, "How do we get to know ourselves better without getting caught up in all the noise around us?"

On the following pages is a list of questions that can help you get started.

Understand that the significance you give each number is unique to you, so there is no way to compare these numbers or scores to anyone else's.

Take your time. Clarity is the goal.

Relax.

Enjoy this time getting to know you.

How much do you trust others?

1 2 3 4 5 6 7 8 9 10

How much do you want to trust others?

1 2 3 4 5 6 7 8 9 10

How much do you trust yourself?

1 2 3 4 5 6 7 8 9 10

How much should you trust yourself?

1 2 3 4 5 6 7 8 9 10

What is your ability to get things done?

1 2 3 4 5 6 7 8 9 10

What should your ability be to get things done?

1 2 3 4 5 6 7 8 9 10

How much do you recognize your own talents?

1 2 3 4 5 6 7 8 9 10

How much would you like to recognize your own talents?

1 2 3 4 5 6 7 8 9 10

How much do you trust your ability to be understood?

1 2 3 4 5 6 7 8 9 10

How much should you trust your ability to be understood?

1 2 3 4 5 6 7 8 9 10

What is your ability to understand others?

1 2 3 4 5 6 7 8 9 10

What should your ability be to understand others?

1 2 3 4 5 6 7 8 9 10

How hard are you willing to try to fix something?

1 2 3 4 5 6 7 8 9 10

How hard should you be willing to try to fix something?

1 2 3 4 5 6 7 8 9 10

How hard are you willing to fight to achieve your dreams?

1 2 3 4 5 6 7 8 9 10

How hard should you be willing to fight to achieve your dreams?

1 2 3 4 5 6 7 8 9 10

To what degree do you help others when they seem to need it but don't ask for it?

1 2 3 4 5 6 7 8 9 10

To what degree should you help others when they seem to need it but don't ask for it?

1 2 3 4 5 6 7 8 9 10

To what degree can you start and finish something?

1 2 3 4 5 6 7 8 9 10

To what degree should you be able to start and finish something?

1 2 3 4 5 6 7 8 9 10

To what degree do you know the driving force behind everything that you do (purpose)?

1 2 3 4 5 6 7 8 9 10

To what degree should you know the driving force behind everything that you do (purpose)?

1 2 3 4 5 6 7 8 9 10

Great job!

Go back and look at the new rule you established. Do your answers impact it? If so, adjust it and you are now free to make decisions you can trust.

Creating a positive life is a great responsibility for yourself and for those around you! So very well done on taking this step to secure and validate your ability to do so!

If you are interested in more positive perspectives about creating a more fulfilling life, sign on to my Online Course,



Discover the driving force behind everything you do and how knowing how to put it into words removes the mystery, the anxiety, and the nervousness of life!

OR

Check out my award winning blog, "You Are An ARTIST" where you learn more about what the second definition of artist has to do with you!

STAY IN TOUCH

THANK YOU

FOR STOPPING BY



As a part of my mailing list, you'll continue to receive tips to help make choices that create the amazing life you know you can live!

ANNIE K LAVEN

Franklin, TN 37069

annie@activateanartist.com

ACTIVATEANARTIST.COM
