

THE COACHING HUB

Podcast Episode 1 - The power of saying no

Ruth Kudzi: We're going to start looking at that two letter words that can change your life. The power of saying no.

Ruth Kudzi: Hello, welcome to conversations to help you thrive with me, your host, Ruth Kudzi. I am super excited to have you here. This is a place where we're going to challenge you to think differently, to have those difficult conversations, both with yourself and with others, so that you can thrive in your life, in your career and in your business.

Ruth Kudzi: Hello, and welcome to our very first episode. So the first thing that if you're really considering that you want to change the way that you feel, that you want to thrive, we're going to start looking at that two letter word that can change your life. The power of saying no. When we are able to say no to others, we're able to create boundaries. And we're saying no to some things, and we're saying yes to what is important to ourselves. So today I really want you to consider flexing the no muscle. I want you to consider how you can build that muscle so you can start to stand up for what you really believe in. So you're not being that yes man. So you're not always agreeing to what other people say, even when you don't want to.

Ruth Kudzi: I want to ask you a question. When was the last time you said no? And when was the last time that you wanted to say no, but you didn't? Because this is so important. If you are going through a pattern of saying yes to things or agreeing to things that you don't want to do, you're going to start building up resentment. And that resentment is going to simmer inside of you. And it's going to eat you up. You don't want to live anybody else's life. You want to live a life on your terms. And that means that you need to start flexing this muscle.

Ruth Kudzi: So we've all seen that people say no is a complete sentence, and it is. But at the beginning, and depending on who you're talking to, you may not want your complete sentence to be no. Having difficult conversations to help us thrive doesn't mean that we need to be difficult in those conversations. So it's about the way that we frame that no. And this is about leaning into our boundaries. So for example, somebody might ask you to do something for free in your business. And the way that you could respond is by being really clear on why you're saying no. "The reason that I can't do this for free is

because I've got limited time and I need to add the money in my business to provide and support for my family. So I'm really sorry. I can't do this."

Ruth Kudzi: Or maybe you'll say no to a family member who wants you to do something for them, and it just doesn't work out with your schedule. It doesn't work out with your priorities and your family. So be clear. Let them know why you're saying no. "The reason that I'm saying no, the reason I can't do this, is because I don't have the time at the moment." And you can always, if you want to, give a suggestion of something else you can do. The most important thing when you're saying no is to be honest, both with yourself and with others. There is absolutely no reason why you need to agree to things outside of a work context that you don't want to do.

Ruth Kudzi: And that has touched on a place where it might be difficult to say no, and a place where lots of us find it difficult to say no. Work. And it may be that you're being invited to work socials and you don't want to go. You don't feel like it. You'd rather spend your time somewhere different. As always, use discretion, but be honest. Say, "Thank you so much for the invite. Unfortunately, my evenings, or fortunately, my evenings are dedicated to my family." Or, "In my evenings, I like to unwind on my own. I really appreciate the invite," but this isn't the right thing for you. The more that we can be honest with other people, the more that we are showing that we know what our boundaries are and that we respect those boundaries and that not only gives them a clear indication of who we are, it also signifies that we're strong in who we are, that we know who we are and we've got that self awareness. And we're not a yes person. We're not a doormat. We're not somebody who just does things to people please.

Ruth Kudzi: So what I'd love you to do is I'd love you to write down everything in your life that is a hell, yes. Everything that will come into your life, that you're going to say, yes. Yes, I want to do that. And you're going to feel that enthusiasm. I then want you to write down everything that is a hell, no. And I want you to make that commitment to yourself that those hell, nos are going to be hell, nos, although we're unlikely to actually say hell, no to someone, because we are aware of other people's feelings.

Ruth Kudzi: And then I want you to put the things in the middle. I want you to look at that list that isn't a hell, no and isn't a hell, yes. And I want you to be honest. Where is it most likely to fit? And then I want you to practice flexing this no muscle. Now, if you haven't flexed this no muscle in the past, it may be that you need to start doing it small. So a really good exercise is to say to yourself, "I'm going to say no to five things today." This could be as simple as saying, "No, I don't want the sugar in my coffee. No, I don't want to watch that TV program. No, I don't want that extra helping." No, doesn't need to be huge. The more that we are building this into our vocabulary every day, the more it's going to become a normal occurrence.

Ruth Kudzi: So start flexing it, start building that muscle and start standing up for what you really want and the life that you really want to live. If you have children or you run a business or you lead in a team, when you start to flex your no muscle, then you're

modelling to other people that it's okay to have boundaries. It's okay to say no. It's okay not to always agree with others. And when you can model that for others, it becomes incredibly powerful.

Ruth Kudzi: So today is all about you living your life on your terms. And that starts with you saying no to those things that don't fit into the terms that you want to live. I would love to hear how you get on.

Ruth Kudzi: Thank you for tuning in to conversations to help me thrive with me, Ruth Kudzi. I hope that you have enjoyed this podcast. If you have, please remember to give it a rating and to share it with others. I would love you to continue the conversation over in my Facebook group. It's called The Coaching Community with Ruth Kudzi. I would love to see you there.

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