

# THE GUILT-FREE NO CHECKLIST

## Say No Without Spiraling

BEFORE YOU SAY YES...CHECK IN WITH YOURSELF

### 1. Am I saying yes because I truly want to?

- ☐ Yes
  - ☐ No
  - ☐ I'm not sure. I need a moment to check in.
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### 2. Do I have the energy or capacity for this?

- ☐ Yes
  - ☐ No, I feel tight / tired / anxious
  - ☐ I feel guilt, not joy
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### 3. If I say yes, what will I be sacrificing?

- ☐ My rest
  - ☐ My boundaries
  - ☐ My own priorities
- 

### 4. What emotion is leading my response right now?

- |   |   |
|---|---|
| <input type="checkbox"/> Fear of conflict | <input type="checkbox"/> Obligation     |
| <input type="checkbox"/> Guilt            | <input type="checkbox"/> Genuine desire |

● If anything above made you pause...  
→ That pause is sacred.  
→ You don't owe anyone instant access.  
→ You're allowed to check in with your body first.