

# Ways to say No



## Nope

Be firm on your answer.  
Avoid "I don't think so" or "I'll check" or "maybe"  
When you know you can't, say it and don't back down

## Nada

It's polite to give a BRIEF explanation why you can't help

## Not today

Offer an alternative: this may not always be a wise answer, listen to your body

## Niet

I'm sorry, I'm overwhelmed at the moment, keep me in mind for next time.

## No, no, no, no no

I am unable to physically do what you are asking. If things change, I will reach out. Thanks for thinking of me.



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