

BPP #003: The advice that changed my life

How one simple sentence can change the way you live and work

10 years ago, I received the advice that changed my life. It was simply:

“When you say yes to something, you are saying no to something else.”

Today, I want you to take five and explore this idea in your own life and business. Answer the questions below as honestly as you can, and then adjust where needed.

Where am I saying YES out of default, habit, obligation, guilt or because I simply have ‘time’ in my calendar?

What am I saying no to because of the yes’s I’ve said above? (think: self-care, working on, not in your business, down-time, business development, client/prospect follow up, course creation, writing, etc)

Am I ok with this?

- If yes, great!
- If no, where am I willing to make adjustments?