



## 6 STEPS for RESPONDING with *Sovereignty*

It feels so good to be liked, but what is it costing us on the backend? I find that it's always better to say "no" upfront and set healthy boundaries, versus dealing with the regret and energy drain of having not spoken our truth. May these 6 simple steps guide you to respond to people and situations in your life with empowerment and sovereignty!

### **1: ASK for THINKING TIME** **3: REMEMBER THAT YOU HAVE A CHOICE, and CHOOSE POWERFULLY**

When someone invites you to do something, ask for some time to process and think about it. People who please tend to lead with a "yes", instead of taking a step back to check in with themselves and see if they really mean yes. Thinking time will vary, but it could range from a minute to a month, depending on the situation. The important thing is that you ask for the time and space to access your truth.

#### **Magical Sovereignty Phrase:**

"This feels good, but I'd like to sleep on it. I'll let you know my answer tomorrow."

### **2: CHECK IN TO SEE HOW YOU FEEL**

Now that you have some space to consider the request, this is your time to take a little meditative minute. Close your eyes. When you think about the invitation, how do you feel? Do you feel a sense of excitement and expansion? Or do you feel nervous and contracted? What's behind those feelings? Do you immediately start to get anxious about what the other person will think or say if you deny them their request? If so, take another minute to check in on how you feel.

#### **Magical Sovereignty Phrase:**

"This just isn't resonating with me right now."

### **3: REMEMBER THAT YOU HAVE A CHOICE, AND CHOOSE POWERFULLY**

If it's a simple "yes" or "no" request and you've gotten clear on which one is true for you, practice saying it a few times to yourself. "No, I will not be coming to the event." "No, I will not be helping you tomorrow." Or maybe it's actually, "Yes, I really would love to come to your wedding!" Get solid with the answer in your bones.

#### **Magical Sovereignty Phrase:**

"This just isn't resonating with me right now."

## 6 STEPS for RESPONDING with *Sovereignty*

---

### 4: RESPOND EMPATHICALLY

When delivering the news (especially if it's a "no"), you have the option to respond with empathy. You can even provide alternatives, if you truly want to. If the requestor is disappointed in your response, you can continue to respond with empathy, but without backing down. This takes practice, but it's really an act of self love and it is good for your self esteem.

#### **Example:**

"I understand how much you wanted to go out tonight. It's been awhile since we went out together, and I know you want to catch up. I need to stay clear with my health goals though, so I'm going to stay in tonight. Perhaps you'd like to come over for dinner tomorrow instead?"

### 5: IT'S NEVER TOO LATE TO SPEAK YOUR TRUTH

Many of us who are breaking patterns with people-pleasing feel like once we say yes or go along with something, we can't change our mind or backout. Yes, there may be times that we commit to something that isn't our truth, that we must follow through with to be in integrity with our word, but it's never too late to voice that it wasn't our truth or that we shouldn't have taken something on. Also, many times we can course correct and back out of things with grace.

#### **Magical Sovereignty Phrases:**

- "Now that I've had time to sit with this and process it, I am now feeling..."
- "Something has shifted for me and now I feel \_\_\_\_\_."
- "I'm feeling complete, and I'm ready to transition to...."

### 6: BASK IN YOUR BOUNDARIES AND SAY YES TO SOMETHING ELSE

When you set a boundary, you're opening yourself up to more possibilities for your own happiness. Every "no" is a "yes" to something else. Stay firm in your decision, and find out what you've said "yes" to. Perhaps now you'll have more time to stay on your health routine and exercise, get out in nature, or maybe take a nice relaxing bath. You are worth it... our time here on this planet is so short and precious!