

# When you say yes to everything...

*What are you really saying no to?*



## There always seems to be time for everything... **But what about time for you?**

May often feels like a countdown. We want to get things sorted before summer arrives: plans, trips, commitments. And before you even notice it, **you find yourself saying yes to almost everything.**

Yes out of obligation. Yes because you don't want to let anyone down. Yes because saying no can feel uncomfortable. Yes because, deep down, you feel like you can handle it all.

And maybe you can. The problem isn't helping others, being available, or getting involved. The problem starts when, among all those "yeses," the time you have for yourself slowly disappears... **and you end up at the bottom of your own list.**

This isn't about suddenly becoming radical and saying no to everything. It's about noticing what you're saying yes to especially when you don't really want to and asking yourself **whether it truly fits with what you need right now.**

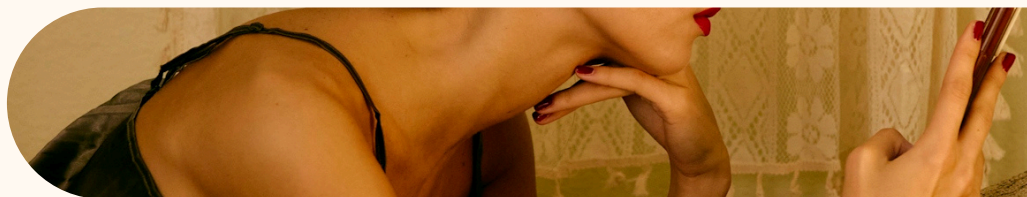
## A short reflection exercise

This is your moment. Here's a small exercise for you:

- Make a list of **5 things you've said "yes" to recently.**
- Mark which ones **you genuinely wanted to do and which ones you accepted out of obligation.**
- Choose one small situation where **you could try setting a boundary this month.**

Saying no can feel uncomfortable in the short term. But when we set boundaries, the brain reduces the feeling of overload and regains a sense of control.

**Boundaries don't push the right people away they bring you closer to your own balance.**



## Continue your development...

Here's a blog about FOMO, where you can explore how to build a healthier relationship with yourself and with your own needs.

[Read blog](#)

Missed one of our previous pills? You can find them all [here](#).