



A Personal & Professional Development Company

### **Just Say No Exercise**

This is an exercise that will help you do two things at once. First, it will help you discover what you should not be doing. Secondly, it will open your eyes to the opportunity that truly is aligned with who you are and help bring you bigger checks. First, answer this question: “What do you love to do”? Next, think about what you’re really good at. If you weren’t in the room and your best friends, coworkers or employees were talking about you, what would they say you are good at? Next, we need to talk about money, and big money at that. What thing in your life, if you just take action on it, will bring you the biggest check? Next, list your money goals. Then I want you to think about what actions you need to start taking today to move those goals forward. Lastly, I want you to take a long hard look at all the items on your list. Whatever is not them most likely needs to go on your “make more money” just say no list.

**WHAT DO YOU LOVE TO DO?**

**WHAT ARE YOU REALLY GOOD AT?**

**WHAT THINK CAN BRING YOU THE BIGGEST CHECK?**

**WHAT ARE YOUR MONEY GOALS AND ACTIONS YOU CAN TAKE TO GET THERE?**

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**WHAT IS NOT ON YOUR LIST THAT YOU ARE DOING AND NEED TO STOP DOING?**

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