



Boundary Scripts

Empower Your No

I am not able to take that on right now

I can do X by Friday, or Y by Wednesday, but not both.

That doesn't work for me

Can we talk about this another time? I want to be present when we do.

I can help for 30 minutes, not the whole afternoon.

I need to think about it and get back to you

I don't have the capacity for that, so I'm going to pass.

Let me look at my week and see what's realistic

Protect your peace. Protect your capacity.