

“It’s OK to say NO to others—and YES to yourself.”

—Television host and author **Nancy Redd**

1

SHOW APPRECIATION

Let your friends know you’re happy they’re including you.

“Aww, thanks for the invite.”

2

GIVE AN APOLOGY

Express regrets, but kindly.

“I would, but I’m beat. Sorry.”

3

SUGGEST ANOTHER TIME

Let them know they should continue to keep you in mind.

“Let’s hang out this weekend?”

