

# Ways to Say No



- I'd love to help, but I can't
- I appreciate the offer, but I have other commitments right now
- Thank you for thinking of me, but I am unable to help at this time
- I am not comfortable doing that
- I know this is important to you, I am sorry I can't be there
- I'm sorry, I can't do that
- I am not able to do this, but I appreciate the invitation
- I am not able to give this the attention that this deserves
- I'm focusing on my health and wellbeing so I need to say no
- Thank you for the opportunity but I can't this time
- I would love to, but I need to decline at this time
- I am narrowing my focus to just a few commitments at the moment