# Power of "NO"

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My favorite word in the English language is "no." This small yet powerful word creates emotion like few others. In a society that encourages positivity, the power of "no" is often overlooked. Saying "no" has the ability to not only save time, but money and energy as well.

Many times, people are not successful achieving fitness goals because their time is overcommitted. To reach the next level of fitness it may be helpful to unleash the power of "no." Of course you should say "yes" to passions, commitments, and things you deeply value. However, if you're like me, you have said "yes" in situations and then later regretted that choice. When a person is solely focused on health improvement, any tasks or activities not pushing them toward those goals has less value. People who regularly choose "no" are choosing to prioritize their goals.

Many of us struggle with "no" because we have been trained to believe it is always negative. It's important to remember words are not inherently negative or positive, rather it is how they are utilized and interpreted that gives them power. If saying "no" helps you better manage time and promotes health, this is power you should use to your advantage.

Why is it so difficult to say "no" at times? It's my belief we say "yes" when we want to say "no" in three key scenarios. It happens when we:

1. Desire to help
2. Fear disappointment
3. Fear missed opportunities

Being aware of why you make choices can help you take the best action when confronted with decisions. Time is our most valuable commodity. Anything requiring an investment of time should be weighed heavily against our values and priorities. "No" can be just a word, or it can be one of your best weapons in the battle for time. We all have the same 24 hours in each day, but how we use this time determines our health outcomes. I encourage you to explore and implore the power of "no."