



THE “SAY NO WITHOUT GUILT” SCRIPT PACK

Because ‘Yes’ Has Cost You Enough: Learn How to Say No with Confidence, Kindness, and Zero Guilt.

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WELCOME

Hi There!

If saying “no” makes you feel guilty, anxious, or afraid of disappointing people, you’re not alone. For years, many of us have been conditioned to equate “yes” with kindness, love, or loyalty. But here’s the truth: *Every time you say yes to something that drains you, you’re saying no to yourself.*

This pack is designed to help you reclaim your power with practical, kind, and confident scripts you can actually use—in real-life situations that come up at work, in your family, and even within yourself.

Here’s the flow:

- **Identify Your Situation:** Look through the scenarios below and find the one that resonates most with you right now.
- **Read the "Before" and "After":** See how a simple shift in language can transform a hesitant "no" into a confident, kind one.
- **Practice Out Loud:** Say the "After" script out loud a few times. Get comfortable with the words.
- **Try It:** Choose one small, low-stakes situation this week to practice your new "Gracious No."

Remember this truth: a thoughtful "no" is one of the kindest things you can do—for yourself and for others. It’s a statement of self-respect that allows you to show up as your best self, not your depleted self.

ABOUT ME

I’m Ronnetta, your life/procrastinator coach + founder of the Women’s Self-Mastery Circle. I coach women to prioritize themselves without guilt—so they can live with clarity, confidence, and joy. My clients are empowered to step out of survival mode and into a life that feels as good as it looks.



Ronnetta Stokes Wagstaff

How often have you said ‘yes’ to someone, even when your gut told you to say ‘no’? Maybe it was a last-minute favor, a project at work, or even a social event you simply didn’t have the energy for. I get it, it’s hard to say ‘no.’ The guilt can feel overwhelming, right? But here’s the truth you need to hear today: you’re allowed to say ‘no,’ and you can do it without guilt.

Today, I’ll show you why saying ‘no’ isn’t selfish, how it actually opens the door to a happier, more fulfilled life, and gives you the tools to do it with clarity and compassion. Because saying ‘no’ isn’t just about setting limits, it’s about reclaiming your power to choose what truly matters.

First, here’s an important mindset shift to internalize. Every time you say ‘yes’ to something that drains you, you’re also saying ‘no’ to something that truly matters: your own well-being, your priorities, your goals.

Imagine your time and energy as a glass of water. Every ‘yes’ you feel pressured into is like pouring a little of that water out. The question is what’s left for you? For your passions, your family, or even just rest? Saying ‘no’ isn’t about shutting people out or being harsh; it’s about protecting that precious water in your glass so you can give where it matters most, without running dry.

Now, I know what you’re thinking, ‘Easier said than done!’ That’s why I’m not just going to ask you to set boundaries. I’m going to arm you with practical tools to do it gracefully and guilt-free. Here’s how you can communicate your ‘no’ without the stress.



Number one, be clear and concise. You don't owe a lengthy explanation. A simple response like, 'Thank you for thinking of me, but I'm unable to commit to that right now,' works wonders.

Number two adds a solution. If you feel comfortable, suggest an alternative. For example, 'I can't help with this project, but I know Lisa might have the bandwidth to assist.'

And **number three** is to own your decision confidently. Avoid over-apologizing or downplaying your 'no.' You might feel tempted to soften it with statements like, 'I'm sorry, but I just can't right now, maybe later.' This leaves the door open and brings guilt right back in. Instead, stand firm. You can be kind without being vague." "Here's the thing: confidence in saying 'no' doesn't happen overnight. It takes practice!

Start small with low-stakes scenarios, like declining an invitation to an event you're not excited about.

And for those trickier situations... Let's walk through a couple of examples.



SCENARIO 1: WORK OVERLOAD

Before: "Sure, I can stay late again. No problem—I'll figure it out."

After: "I appreciate you thinking of me, but I'm at capacity with current projects. Let's look at a realistic timeline or delegate this so it gets the attention it deserves."



SCENARIO 2: WORK - DECLINING A PROJECT

Before: "I guess I could take that on, but I'm really swamped. I'm so sorry, I'll see what I can do."

After: "I appreciate you thinking of me, but I'm at my capacity to maintain the quality of my current projects. I'd be happy to support on the next one."



SCENARIO 3: FAMILY - DECLINING A LAST-MINUTE REQUEST

Before: "Oh, um... I'm not sure if I can come to that. It's just a busy week, and I feel bad saying no."

After: "That sounds lovely! Thank you for the invitation. I won't be able to make it, but I hope you all have a wonderful time."



SCENARIO 4: FAMILY - ASKING FOR TOO MUCH

Before: "Okay, I'll do it... it's fine, I'll make it work."

After: "I love being able to support you, but I can't take this on right now. I want to show up fully when I can, and right now my plate is full."



SCENARIO 5: FRIENDS - TURNING DOWN A SOCIAL PLAN

Before: "I wish I could! I'm just so exhausted. I'm so sorry, I feel terrible for bailing."

After: "I really appreciate you thinking of me! I've already committed to a quiet night to recharge. I'm sending good vibes your way, and I'll catch you next time."



SCENARIO 6: FRIENDS - ALWAYS LEAN ON YOU

Before: "Of course I'll help—you know I'm always here."

After: "I care about you, and I want to support you in a way that doesn't drain me. I can't jump in this time, but I'll be cheering you on from the sidelines."



SCENARIO 7: SAYING NO TO YOUR PARTNER

Before: "Okay, whatever you want. It's not a big deal."

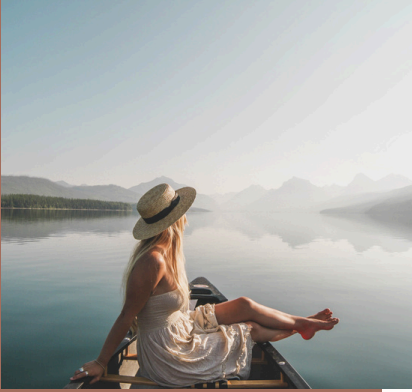
After: "I love you, but I'm not comfortable with that right now. Let's find another solution that works for both of us."



SCENARIO 8: EMOTIONAL BOUNDARIES

Before: "Okay, let me just finish this one thing, and then I can talk. But I'm kind of busy."

After: "I hear that this is important, but I'm not in a position to give it my full attention right now. Can we talk about this tomorrow?"



SCENARIO 9: WITH YOURSELF - SAYING "NO" TO A BAD HABIT

Before: "I'll just watch one more episode, even though I'm tired. I can go to bed later."

After: "I'm choosing to honor my commitment to myself and my sleep. I'm turning off the TV now, because my rest is a priority."



SCENARIO 10: WITH YOURSELF - SETTING A BOUNDARY

Before: "I'll just push through—I don't really need the rest."

After: "I deserve rest just as much as I deserve progress. Tonight, I'm choosing to recharge so I can show up strong tomorrow."

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These responses are polite, straightforward, and remind others that your time and priorities matter too.

Here's the bold truth I want you to walk away with today saying 'no' is not an act of rejection; it's an act of protection. It allows you to protect your time, your energy, and your values.

When you start saying 'no' to what pulls you away from your priorities, you're really saying 'yes' to the things that matter most, things that light you up, things that align with your purpose, and above all, things that bring you peace.

You've got the tools. You've got the right to set boundaries. And you don't need guilt as your travel companion on this path. Say 'no' and take back your power.

If this message resonated with you, I want you to try something this week. Write out one situation where you've been struggling to say 'no' and plan your response using the tips we covered. Then, take action.

You've got this!

And hey, if you're ready to step further into a life where you set boundaries like a pro, I'd love for you to share your success in the comments or join our community for more empowering tips.

Until next time, keep choosing you!"

Say 'No' Without Guilt, Choose You.

WANNA LEARN MORE?

Your 'No' is Powerful. Now Let's Make It a Lifestyle.

This Script Pack is just the start. Inside the **Women's Self-Mastery Circle (WSMC)**, you'll learn:

- How to set boundaries that stick (without guilt).
- How to prioritize your time and energy without feeling selfish.
- How to surround yourself with women who remind you that your peace is non-negotiable.



Plus, you'll get access to:

Monthly workbooks + digital planner

Weekly group coaching calls

Daily check-ins + accountability

The PIVOT mini course

A 90-day affirmation library

Your next “yes” should be to yourself. Join the Circle today and make the shift from drained to empowered.

JOIN THE WOMEN'S SELF-MASTERY CIRCLE