

**EXERCISES:**

1. Assess the Week. Where can you locate stressors and edit your family's schedule. Respect your own threshold. You can get ideas from others, but you have to do what works for you. Fill in the columns below.

**Energy Table**

<b>Which activities give you energy?</b>	<b>Which activities drain your energy?</b>

2. Learn to Say No to Others and Yes to Yourself – regarding volunteer commitments and your own. Write down six phrases and ways to say no.

**Saying No Table**

<b>Examples of Saying No</b>	<b>Your Personal Examples of Saying No</b>
Thank you, but my plate is full right now.	
I cannot commit now, but maybe next year (or next season).	
Let me sleep on it.	
I need to check with my husband (or partner) and get back to you.	
I have just checked my calendar and can only add if I edit, which I can't do right now.	
I will get back to you in 24 hours.	
I need to pass this time, but thanks for thinking of me.	