



*A gentle landing place where
love-light, curiosity and awareness
blend to inspire spiritual growth.*

Learn to say no without explaining yourself.

@peacefulmindpeacefullife

Reflection Questions

Why do you feel you need to explain yourself when saying no to someone or something?

What are you trying to appease?

What needs to change for your needs to be more important than someone else's?

Allow yourself to be curious and practice letting no mean no, without explanation.

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Helping you shift perceptions, inspire curiosity and guide transformation from the inside out.*

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