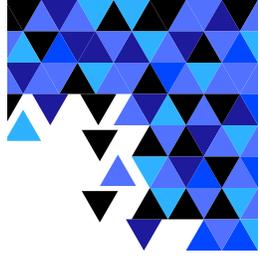


# As Told by Kole



#PodcastNotes for Episode 71

"NO" Explanation

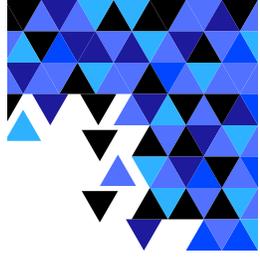
I'm gonna set somebody free today. Are you ready? You don't always have to explain your "no". Disclaimer. I'm not telling you to disobey your parents. I'm not telling you to be insubordinate to anyone who is in a position of authority. So don't be like "Well NO, and Na'Kole said I don't have to explain anything to you." Don't do that, okay? Thanks.

Seriously, though. You don't have to explain your "no" all the time. If someone asks you to do something, you can say, "I'm not going to be able to do that", and that's good enough. You don't always have to apologize for not being able to do something, as if not being able to do something is an offense against someone else. Let me give you an example. I'm not sorry that I cannot come to the phone. Why? Because if I can't come to the phone, that means that I'm doing something productive with my life that currently demands my attention. I'm not attaching "I'm sorry" to that. NO, I can't come to the phone. Period. Does the phone company apologize before they tell you that all of their representatives are helping other customers? Absolutely not. Why? Because they don't owe you an apology for being present and conducting their business. The only time they apologize is when the wait times are extremely high - and even then, not all of them apologize. I'm not saying to be arrogant and say, "No, I'm not answering your call. Shut up." That's not what I'm saying at all. But at the same time, you are not wronging someone just because you're not always available to them.

If you don't have time to go to an event because you need to study for finals, it is totally okay to say, "I'm not going to be able to make that". PERIOD. You don't owe the world an explanation about what you're doing with your life. Now if it's a good friend, family member, etc. and the relationship warrants an explanation, you have to make that call and act accordingly. But I'm telling you right now that I'm not going to apologize or explain my "no". And that's not being prideful. It's not. But you don't apologize for your yes. You don't explain your yes. You just say "yes". And with the same power, authority and fervor that you say "yes", you should be able to say "no". It really is a complete sentence.

# As Told by Kole

#PodcastNotes



Have an amazing day today. Show love to yourself AND others. Be GREAT! I speak life to you and everyone and everything connected to you! Catch me tomorrow!

XOXO,

Na'Kole ♥

As Told by  
Kole