WORKSHEET **My Yes Map**

Fill in each section. Then circle your easiest hot spot and star your hardest.

The people I find hardest to refuse:

1. _____

2. _____

3. _____

The requests that get me (tick all that fit):

☐ Favors with a compliment ☐ Small asks that grow

☐ "Only you can do this" ☐ Money, lending or borrowing

☐ Invitations I'd rather skip ☐ Long calls or venting

☐ Other: _____

The moments I'm most likely to fold (tick all that fit):

☐ Tired or late at night ☐ Put on the spot

☐ Asked by text or chat ☐ Made to feel guilty

☐ Rushed for an answer

☐ Other: _____

My worst intersection (person + request + moment): _____

My easiest hot spot, where I'll practice first: _____

One thing I could say there instead: _____

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