CHECKLIST **The Two-Minute Inside Check**

Run this before a no that scares you, or after one that left you rattled.

- ☐ Am I about to say yes to be useful or because I actually want to?
- ☐ Is there resentment here? If so, what line got crossed, and by whom?
- ☐ Would this yes be honest, or just agreeable?
- ☐ If I feel guilty, did I break a promise or hurt anyone? If not, it's the alarm.
- ☐ Am I trying to manage their feelings instead of giving my answer?
- ☐ Do I need time? If so, what's my return time?
- ☐ Can I say it in one sentence?

The principle I need most this week (Bonus Chapter): _____

© 2026 Blake Tenney · From *Disappoint Someone Today* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads