

THE “NOPE.” LIST

things I am simply not available for today. ♥

PROTECT
YOUR PEACE.
PERIOD.
♥

TODAY I AM NOT VOLUNTEERING FOR:

- ☐ Problems that are not mine ♥
- ☐ Immediate replies
- ☐ Explaining myself seventeen times
- ☐ Feeling guilty for needing rest
- ☐ Fixing everybody's mood
- ☐ Arguments I invented in my head
- ☐ Saying yes because saying no feels awkward
- ☐ Whatever THAT was ♥

MY PERSONAL NOPE DEPARTMENT

Please submit additional nonsense below. ♥

BEFORE I SAY YES... ♥

- ♥ Do I actually want to?
- ♥ Do I have the energy?
- ♥ Am I saying yes just to avoid disappointing someone?
- ♥ Will Future Me be annoyed with Current Me? ♥



No is, in fact, a complete sentence. ♥
But “girl absolutely not” also works. ♥