

“I’m No Longer Okay With...”m Worksheet

It’s time to plant your banner in the sand and take a stand for yourself. It’s time to make a declaration. It’s time to turn the corner.

What are you no longer okay with?

It may be...

“I’m no longer okay with having a mediocre marriage!”

“I’m no longer okay with not making the money I say I want to make!”

“I’m no longer okay with not taking care of my body!”

“I’m no longer okay with smoking/drinking/drugging/sexing/pornography!”

“I’m no longer okay with playing a 70% even though my 70% looks like 100% to the rest of the world!”

Now make some declarations for yourself...

I’m no longer okay with...

I’m no longer okay with...

I’m no longer okay with...

Stand up. Say them out loud. Repeat them daily. Share them with someone else and ask for accountability.