

THE Soft Yes

I SAY YES — NOT FROM FEAR,
BUT FROM FULLNESS.

Your yes
is sacred.
Honor it.



REFLECT WITH HONESTY

Take your time. There are no rush answers.

1. Where in my life am I saying yes out of habit or obligation?

2. What does a “soft yes” feel like in my body?

3. Where have I been shrinking to be received?

4. What would change if I trusted my timing before responding?

5. What am I ready to say no to, so my yes can be honest?



TODAY I CHOOSE...

One intentional way I will honor my soft yes this week:



CHECK IN WITH YOUR BODY

Close your eyes. Take a deep breath.
How does each feel in your body?

Aligned Yes ☐

Obligated Yes ☐

Pressure Yes ☐

Fear-Based Yes ☐



MINDFUL PAUSE

Before saying yes this week,
I will pause and ask myself:

“Does this feel open...
or tight?”



AFFIRM & RECEIVE

Write the affirmation that
speaks to your heart this week.

I HONOR THE *yes* THAT *honors* ME.

I CHOOSE FROM FULLNESS. I CHOOSE FROM TRUTH. I CHOOSE ME.

