

Welcome to this episode of timely topics. An educational program of Lotus Network. Lotus Network believes it's never too late to rediscover your potential and make the next chapter of your life the very best. And now here's your host.

Hi! Can you all hear me? Great Hi! My name's Lisa Cook, and I'd like to welcome you to today's timely topic.

It's never too late to learn to say no featuring our wonderful guest, Speaker, Sally Stitch.

Just a reminder we are now offering close captioning during our timely topics, sessions.

Just go to the bottom of the toolbar and look for the CC. Box.

Click on the CC and another box will come up. Then click on, enable and you will see the closed captioning at the bottom of your screen before we may begin.

Sally's presentation. I wanna tell you about our exciting upcoming events.

We are truly over. The moon, excited about our upcoming hybrid signature, experience.

Welcome to this.

We have secured, as many of you know. Oh, we have secured as many of you know, Sheri Salata, to be our keynote speaker.

Sherry has climbed her way up the ladder from starting out as a clerk at 70'clock 11 to becoming the executive producer of the Oprah Winfrey show on Sunday morning, April 20.

Third sherry will share her story of trials, transcendence, and transformation.

Shall help us reimagine our future, becoming worthy stewards of our lives, and dream big.

This event will be held both in person at the Sewall ballroom at the Denver Center for the performing arts as well as virtually for those of you who can't attend in person.

If you were with us in 2,018, and so a ballroom.

You already know how amazing this event will be if you attended virtually in 2021, when Maria Shriver was our guest, keynote.

Speaker, you understand the power of connection, if you'd like to jump on the bandwagon, either become a sponsor, put a table together, or just attend.

Please reach out to us at [connect\\_now@lotusnetwork.org](mailto:connect_now@lotusnetwork.org), or use the link in the chat to play tickets.

So please hold the date honestly, I promise you you will be really happy.

You made the decision to join us. It's going to be a fun and wonderful morning of connection.

You won't want to miss it, and if you're not doing anything this Friday morning, please join us for our next stepping out program at 100'clock in the morning in Golden which is about a half hour drive from downtown, Denver Golden was at the seat of the Gold the Colorado Gold

Rush and boasts some of Colorado's first, and thus oldest continually running establishments from cobblestone armouries to terrier, to territorial capital buildings and bowling saloons to wild West shootouts our guide will show you why, golden was the

seat of the Wild West. Our next let's talk about it.

Program is a virtual program, and the topic is friendship and connection.

Join us. Tuesday, April twelfth. At noon, it's never too late to reap the benefits of friendship will be the topic.

Come, join us for a discussion about the positive powers of friendship and connection.

Please click on the link in the chat to register.

We're also offering another opportunity to connect in person with our conversation.

Salon. Join us on Saturday, April fifteenth, at the Coba Library.

From 2 to 4, our free in-person salons provide a safe, comfortable place where small groups come together to share stories, listen and be listened to.

This is an informal talk between 2 or more people in which new news and ideas are exchanged.

Now it's time for our presentation. We're so thrilled to have Denver's own fabulous Sally stitch here today to share her wit and wisdom about the variety of ways to stay no in a cool calm and kind way.

She believes saying, no can change your life. Sally has spent the last 40 years teaching on the writing faculties at both Ucd undergraduate, and Du master of Humanities.

While simultaneously building a freelance writing career that started with a bweekly column in the Denver post and grew to include regular assignments for such publications as Time Magazine.

Parade Ladies, home Journal, parents working mother as well as articles published by the New York Times Syndicate.

Various design, magazines and business magazines. She has spoken as a keynote or a panelist at regional and national writers, conferences, and was one of 4 headline speakers at the Spa Rancho Laporta for 10 years.

She will be teaching at Ollie in the fall, after teaching for several years at the Academy of Lifelong learning, such classes as the Evolution of Advice columns from the 16 nineties to the age of Quarter, the secrets of successful crossword Puzzlers, a Literary Feast Food

essays and memoirs, and a study of 4 appsic novels amongst other offbeat topics.

At the end of Sally's presentation today we will have some time for a feel free to put your questions in the chat anytime they come to your mind.

Now, please welcome, Sally, stitch!

Sally is having some technical difficulties. Sally, are you there?

Oh, no, that's not sound. Yeah. Okay. I'm gonna I'm gonna unplug.

Well, do you just wanna talk? Can you talk through the phone?

Start with Lisa. She's right there, and I will be over at your house in a second to try to help you.

So, Lisa, she's on the other phone and, Sally, you could start, and I'll be over in a second.

Yeah, go ahead and start the talk. They can hear you. And I'm gonna run to your house real quick.

So!

They can't hear me. Right? Yeah, they can they, Lisa? Can they hear her?

Lisa, you're muted. You're muted.

Okay, hold on.

Thumbs up. Can, if you can hear.

Okay, they can all hear you, sounding. I'll be over in a second.

Okay.

Go ahead, Sal, you're on!

Sally, it's not clear. Can you hear?

Not by morning. But I wanna say welcome to. I wanna thank you all for staying yet for learning, and say no in mind that a key concept of today's talk, hearing to say no is understanding that they know is, in fact, a learned skill.

You are not born. The capacity to know how to necessarily say, Notice someone.

Some people are better than others, but it's not an ingrained, you know.

Okay, alright. And you say, you know all the time everything.

Engineering quality because the child is so cute. But you'll have a year of no no!

As I worked on this talk I came to realize that my parents had never really taught me.

They are just saying no, remember it ever opened up.

That they focused on when I said, Yeah, is in that, hey?

They would tell me that if I said, Yeah, okay, yeah. Variety Brexit, in high school.

And the project turned out to be this project from didn't matter.

Yes, I have said yes, the project. I had to keep my word.

Bye, was a sign of my parent. I would imagine. Probably a lot of you were brought up in the fees are the same thing from your parents, so one caveat before we start getting into this in detail.

Is that exercise in the right to say no, is different at different stages of your life.

When you are younger, and by that I mean probably just getting out of college.

You may have to say yes for a number of things to advance your career.

Yeah, you may find a lot of things that you go to are boring, and you'll never say yes to that group again.

But they have to try things out alright. Yeah, wherever it is.

Want to be the other people, of course, also have the luxury of Hi and energy women or family that are already grown.

His careers may be coming soon, and recognized the time.

Little minute. Perhaps. Kevin, less energy, which is just the reality so exercising their right to say No, without feeling guilty or feeling any resentment to do with a really want to do what really matters particularly when money is no longer concerned, and your isolation rating their kids I don't want

to contribute to the world, but on our terms, which the right, if they no so here's what we're going to cover today.

The ingrade behavior. Excuse me 1 min, I say, during my doorbell, stay with me.

I'll speak to everybody right now.

Over there, and should I just keep going on? Okay, we're going to cover the ingrade behavioral issues that make you say, yes.

What you want to say. Now.

And you can't change the behavior. You can't change, say yes or no.

If you don't know what issues these behavioral issues, understanding them and getting rid of.

We're going to talk also about what a yes, on a regular basis can be very bad for your health.

And and be absolutely serious. Care. We're gonna talk about the same will save you time and stress for the things that you really want to do.

And it's important if you're going to live authentically, that you live your life doing the things you want to do, they say no, without the finally we're gonna talk about trying to say no, either.

Just plain if I permit that, we're required. Yes, there are no answer, and we're going to do some role playing with the volunteerers. I'll be thinking if you're willing to block.

Oh, are we saying yes, minor is based on otherwise.

Okay, ask yourself if you're a people, does it pay you?

Assume they can hear, I ask, that they can hear you.

Do we have an answer?

We're good.

Go on. Okay. Sorry folks. Ask yourself, if you're a people, please, or does it pain you to disappoint someone? They said.

They can hear you and see you. So get off this.

Well, stay. Day like this, and when it comes time for questions Terry will let me know what your questions are, and do feel free to ask questions at any time.

Terry, just tell me if I can't see the group.

Okay, is.

Is, yes, second thing is yes, your default, position.

Are you already so over committed that you say to yourself, What's one more activity?

And you say yes to another. Are you addicted to being busy?

Do you feel useless if you're not doing something all the time?

They're not okay.

Which is really about yourself you feel useless when you're not doing something all the time, really need to look at what melts your butt, or what you should be doing.

Yeah, okay. Rather.

That will make you feel good about yourself rather than just staying busy.

Sally, Sally!

Do you say that to avoid confrontation? This is a very common reason why people say yes when they really want to say No, because they can't stand the thought of a conference?

See.

And do you thrive on being needed and appreciate it?

Well, I mean, who does? And we all you can hang that up. I'm hanging this up, and I'm just gonna be that little picture of.

Okay, we did. Okay, there's nothing wrong with, liking to be appreciated and needed.

I mean we all have that need. So there's nothing wrong with it.

But if it is a driving force in your life that makes you unable to say no, we might wanna think about why, why you need so much good feedback.

So the question I wanted to ask, and please raise your hand if you've got an answer to it.

Can anybody in the group see themselves in any of this behaviors or beliefs?

Anybody wanna share.

Okay. So I'm gonna tell you why.

Well, Julie, Julie would raise your hand.

Julie, can you share? You can unmute yourself.

And Jeff will help on. Jeff will help unmute you.

Oh, so somebody's trying to ask the question. Okay?

There you go!

Okay, got it?

Just keep going. Okay, have we got a question?

I really I don't need to say no. I was just raising my hand.

Okay.

Yes, I feel all of the things that you said, and I agree.

Okay.

So that is why I'm here listening. Thank you.

Seller, okay?

Okay, you got it. Okay. I hope you'll share something in a little while.

Sure!

Okay. So here's one of the things that I wanna go back to the reasons I just gave you the behavioral reasons why you might have so much trouble saying, No.

And those behaviors, even though you probably could defend any one of them and turn it into a positive I'm gonna tell you whether detrimental to your well-being people who are people, pleasers and a lot of women are that's what they're trained to do is be

a people, you might defend yourself by saying that you know you just want to help others and contribute your community and just want to be a nice person.

And actually, those attributes make you a very good Girl Scout.

It doesn't necessarily make you a good person. There is a difference between a good, kind, nice person and a people pleaser.

And I'm gonna throw this off there. Does anybody have any idea what the difference is between those 2?

Yeah. Nay, okay, I'll keep going when you are a people pleaser.

You put other people's needs first when you are a genuinely, authentically kind person, you are nice to other people, but you also take care of yourself, and that is a huge difference so if you're a people pleaser gotta work on getting out of that mode of things let's go

to another reason is that you hate confrontation. You know if you, if you went to a shriek and told the street you were really having trouble with the issue of confrontation, the sheriff would probably tell you to get over it life is filled with confrontation and the

sooner you learn to deal with it the more authentically you will end up living practice saying No, and you can do it politely.

It is not necessary. A bad message to deliver. It depends on your of way, so the word you use, but just say no politely, and you'll find yourself less threatened by context.

And I mean, unless you plan to live your life off in a dark cape in the Himalayas, where the only person you could confront is yourself.

You need to learn to say no, it will empower you.

It will not weaken you, and it will, I guarantee, change your life, and we are going to get to how to say no.

So just bear with us. Okay, here we get to the health issue.

You fear the guilt of saying no more? Then the resentment up, saying, Yes, here's the deal.

How often do we say yes to something we should have said No to.

We get part way through the project, and suddenly it isn't the way it was described to you that people aren't organized.

There's chaos. They offered you an assistant.

You never got one, and you start feeling this resentment building in you about having said yes, maybe because you were a people, please, or you didn't like confrontation in fact, resentment is a form of anger, and as we all know, anger is a major cause of health, issues, with your

stomach with your brain, with your arteries, with your health, guilt is much less hard on the body.

It is also a fairly useless way to be thinking about things feeling guilty doesn't get you anywhere unless you plan to take some action on it, and if you've said No, and you feel guilty, get over it.

So resentment, bad guilt only slightly better in terms of your health.

That's one of the reasons to say, and let's see, you say yes, as a default position.

That's what you automatically go to. You have sort of habituated to that way of operating in the way.

And you say yes, because you're on the spot. Many people say yes, because they put on the spot.

They can't think fast food, I don't know if I wanna do this, but oh, well, I like this person, so I'm gonna say, yes, not the right reason to say yes.

You are using it as a default position, because you're on the spot, are you?

Have a fear of missing out Fomo. Maybe you think you're gonna miss out on some great fun, or working with some great people, and you don't wanna do that.

But is that a good enough way, or the person who asked you has flattered you so much that you're just putty in their hands, and the Yes comes up naturally.

So the problem is that saying yes, without understanding the scope of what you're saying?

Yes, to usually ends up biting you in the twitch.

It is an uninformed answer to an unexplained request that is probably more complex than you ever imagined.

Therefore before and this I'm saying this in general, down, I'm gonna come back to say no in general part of what you should do on a regular basis.

Is check in with yourself. People are going to ask you to do things.

Check in with yourself, and before you give any kind of answer, ask yourself, do I have the time to take on another project?

What will I have to give up to do this job?

Will, I feel pressured to get it finished. Well, I'd be upset with myself if I say yes, and you're gonna know from your past history when you've been mad at yourself.

Well, I resent the person who asked me. Remember, resentment's not good, for why am I agreeing to this?

If you can't answer that question, I would say, no is in your best interest.

And what is the gain for me? Because what you're really doing is you're saying no to certain things that will take time away from the things that are most important to you, whatever it is now, before we get to your answers.

I wanna talk to you a little bit about the art of the ask. I'm sure that all of you have been asked to do something for an organization.

Your kids, school your synagogue or church, whatever they find out who the good people are, and they go after them with an ask.

So you can often tell if you're looking for clues and you're thinking, do I say? Yes?

Do I say? No, if you're looking for clues often, you can tell by the way your asked if it's something you want to do or not.

Here's what I'll tell you. An effective asker has always done some research on you and knows what your strengths are, and we'll use that as a form of flattery when they start asking you what they're gonna ask you it's not manipulative.

It's just the way we operate. Now, what you could say something nice.

Say something nice, and they will also be fairly specific in describing what they're asking you to do, if, in fact, you have someone who cannot answer the question.



Can you tell me more about this? How much time will it take?

What's the deadline? Will I be working with someone if they can't answer questions?

It tells you probably how the organization works, and that the answer should be no, because it may be a big waste of your time.

Always feel free to ask for more information. You can also ask for more time to answer.

Hold tight, not sure why we're having the technical difficulties stay tuned, guys, because, as you can see, she's got so much good information.

Unfortunately, we're just having a little technical difficulties hang on.

Thanks for your paste.

While we're waiting. Maybe I can just invite all of you to be thinking of a couple of questions that at the end of the talk in about 15 min or so you might want to ask Sally about some of about no, you've already maybe been formulating some of your questions already.

I know I have over here. The last thing she was talking about was.

If we're, you know, it's always okay to ask for more time and more information about an organization.

And I think that's one of the things maybe we're all looking for is what are some of the tricks and techniques that we can use?

Some of the languaging.

Okay, here's Sally. Now.

Okay.

She's muted.

Okay. Can you hear me now? Yes, okay, Harry. I absolutely.

We'll get to what you're saying. I just want to tell one quick anecdote about knowing who you're dealing with.

By the way, they ask you to do something, because I had.

I could say it's funny now wasn't funny at the time, but during my days as a writer I often helped new writers who had questions and asked to meet me over lunch or coffee, and they would say I'll take you if you'll help me with my questions about getting into

the writing, business, and I always did it because I think that I think it's good to give back.

If you can. Well, one woman called, and she said, I'm wondering I'm a new writer.

I'm wondering if you can help me, and I have heard that if a new writer offers to take you off for lunch and pay for it, that you'll say yes, and you'll help.

So would you meet me for lunch? I'll pay for it, and and you'll help me.

Well, number one, it was so insulting that it told me exactly what it was.

Gonna be like when I talked to her, and I made up some reason why I couldn't do it with her.

But I did want to tell you there is a way to look at the ask to see whether your gut is telling you. Yes or no. Okay, ready?

Let's start figuring out how to say no. I'm gonna give you some suggestions.

They are all very polite, very non confrontational. You shouldn't have a problem using these words.

Okay, the first one. Somebody asked you to do something I would say, always thank them for asking you.

Because you are flattered, and then tell them why you can't do it without going into long explanations.

So the first thing you can do somebody ask you to say, Well, thank you for but I don't think I'm the right person for that job.

Nothing wrong with that they may push back. They may say to you, Well, what job could you do?

I again I would be troubled that they didn't know what my specialties were.

My skill set was and I wouldn't want to have to be the one to tell them what position I should have to be, and I probably would say I would stay with no on that one.

There's another one. I wish I could. Very upsetting positive!

But I'm gonna be out of town then. Now. Only say, only fill in the second half of the sentence.

If it's actually true, if you're not going to be out of town, and you happen to know the same people, and you've lied about it, you will get caught, and that's not good for your reputation.

So thank you for asking, but I will fill in the blank.

Keep it simple.

How about? Thank you for asking? Excuse me, I can't help you for this event.

The try me again in the future. So you've said you're no upfront, and you're leaving the door open, which is always a good way to leave things if you can.

If you don't want them to ever ask you again.

Don't say that at the end of the sentence I can't help you this time, with this event, but thank you for asking next one.

You can buy time. I have to think about that. May I get back to you in 2 days?

3 days one day, whatever you choose, presumably they'll say yes, and it can be at that time that you say no, if you don't want to do it for to face, if that's too uncomfortable, then you write down thank you for talking to me thank you for asking me I find that

i'm going to have to say no, fine time. It's doing indirectly.

It's a perfectly acceptable way to, and the conversation you can.

Also I'm on overload. Have you thought about asking Leslie to do it?

She just said no, but other than that, give them the suggestion of another name.

I mean that people love when they're help finding someone to do a task.

I will tell you my favorite way. Say no, and it was talk to me as I said, my parents never talked to me about saying now this was taught to me by a friend's mother when I was 21 years old, and she was living in Denver at the time.

And we got together, and I was complaining about something I'd signed up for, and how awful it was, and she said to me, You know, Sally, in the future, when somebody asked you to do something, and you don't wanna do it just say it won't work, make that your

mantra, because very often somebody might come back and say, Well, why won't it work?

And you say it just runs well, what can we do to make it work?

It just won't work. Thank you for asking me if you have a mantra and you keep repeating it.

It totally dissects the conversation, and the asker is eventually going to figure out she's not gonna change your mind because it won't work.

So let me ask you this. Do any of you have other ways that you say no, that are.

Sure!

Here!

Yes.

Do we have somebody?

We don't have anybody in the chat, but if anybody is raising their hand, let's see we can. We? Jeff can unmute you, and you can freely with that.

And just because he'll give you the ability to unmute yourself.

Okay. So you're asking Sally for some ways, other ways that we know that we have of saying no.

That that have worked successfully.

That have worked successfully. Does anybody I like what you've said so far, I think we're gonna talk about that a little bit more.

Hey? Yeah.

Okay. Then we shall just move on. Alright. What do you do?

If you have a person who simply won't take no for an answer.

We all have people like that in our lives. So I've written up a fake scenario, but it's going to show you how this works in action.

So the Oscar says, friend of mine says to me, you mentioned wanting to see the new Avatar movie.

It's on at 50'clock at Amc.

Want to go see it tonight, and you say well, you know, after I read the reviews I lost interest.

So no thanks, and they ask her, Who's your friend?

Says, Oh, come on, don't believe everything you read. Let's do it.

And you say, I really don't want to spend 2 and a half hours watching something.

I'm not interested in. So once again. No, friend, I'll buy you a giant popcorn, red vines, and a slurpee if you go with me, and you say, Well, it's sounds tempting.

Something part of it. But once again no, and that's my final answer.

So thanks for asking. Tell me how the movie is, and I'll talk to you later.

There's another way to word off somebody who simply won't let you go.

Okay. Now, we've reached a point where I actually would like to see if we are capable of using some of the stuff we just talked about.

And I'm gonna need some volunteers, not hard.

I just need some volunteers here's what I'm gonna do.

I'm gonna read you a scenario that I wrote up, and the and the volunteer is going to answer no.

But how are you going to do it? And I may not.

What are you gonna say? So let's see how well you can practice.

Say, do we have a volunteer for the very first scenario?

Katherine Davis volunteered.

Alright, Katherine, thank you. Alright. A friend calls you and says, I know that you've been in a Mahjong group for so many years.

Is there any chance? I could join the group in parentheses?

You and your friends all happen to know that this particulars particular woman is a.

You know we have the number of people that we need for the game, and we have a couple of extra people who fill in.

When our original group can't come, and we're really happy with that.

Well, I mean, do you think there are ever be an opening in the future?

I can certainly call you if there is, there isn't one now.

Okay people. How'd she do? Thumbs up, thumbs down.

Terry, are they responding?

I think I've seen a bunch of thumbs up.

Is that true? Everybody, I think.

I would!

I would give it a thumbs up to it was perfect.

It was inoffensive. You were very clear.

Even if she calls you, you probably will not take her, because she's a cheater.

But you handle the situation perfectly.

Backing, back.

Yup. Alright! Do we have a volunteer for the second scenario?

See.

See how easy it is.

I think, Julie, are you volunteering?

Yep, Julie may be Jeff. There she is. Okay.

Hi, okay, you're right.

Okay, I need practice.

Your neighbor has called you, and says, I'm a doctor's appointment at 100'clock tomorrow morning.

It's a but ever since I got that bout of vertigo few months ago, I am really nervous about driving.

Could you take me? Now? Here's the information she does.

You've already committed to a program at your child, or grandchild school, and it's from 9 30 to 11.

What do you say to this neighbor in?

I have a prior commitment to my grandchild.

Fact, I cannot change.

Is there someone else that you can ask or get a driver to take? You?

Perfect.

And what if Jesus will? Yeah, I've never taken Uber, and I'm a little nervous about it.

How would you respond?

I probably shouldn't say this, but I could say that I could help you pre-arrange an Uber driver.

I don't know.

Only if you want to, only if you want to. But also okay.

Off at times when I've done something like that, someone will say I got into this uber, and it was so dirty, or I didn't like the driver, or if they had a complaint that it would make me really not want to be involved at all.

Right, right.

So you make the suggestion there's gotta be somebody else she can call. You're not the only person she knows.

So you set up other options, thumbs up or thumbs down.

I would imagine it's all thumb up.

Yes, I see lots of thumbs up.

As you seem to already know, this stuff. Okay, scenario number 3.

And I'm gonna tell you this is a tough one.

Volunteer, boy. I sold that one. Well, didn't I?

Okay. Here.

What break what brave woman is? Gonna step forward. Let's see, I'm looking anybody.

Somebody for the plate.

Debra!

We have somebody.

Yes, Deborah Libert.

Hi! Sally!

Okay. Hi, Debbie, okay, here's your scenario.

Your mom, who lives 3 states away, and with whom you've had kind of a prickly relationship over the years emails.

Huh!

You almost all, and I'm so lonely.

I've been thinking that maybe I could move in with you and your husband. Now that the kids are gone, what do you think?

No!

Huh! Hello! She did come and visit for 3 months.

So I kind of knew what it was like. Oh, that's good!

Look, hey! I mean I know your mother's a Dall. But but let's assume that those 3 months we're very stressful for you.

That's what you learned after 3 months. What are you gonna say?

Right? Right? I would probably start by saying, Mom, you know how much I love you, but you know what the house full of kids I think that it's gonna be very disruptive to your schedule.

But perhaps my sister, who let no, perhaps I could find, you know, look for an apartment that is close to me that I think you might like, and when you come to visit we could go and look and see what's available for you.

Think she'd buy that?

It doesn't matter what matters is how you handle it.

She may not ever buy it, but that doesn't mean you have to say yes.

Right.

So what do you people? How was her answer? Thumbs up or thumbs down?

Thanks.

I see a lot of thumbs up, and I saw nodding of head when Debbie's an apartment nearby.

I, yeah, I see nodding of head. That was a really great suggestion.

I guess you know. Is it, Sally?

I thought it was brilliant.

Thank you.

You know. Here's the deal when you say yes to something do you put yourself in a position where you get stuck with something that may not work for you?

It's hard to get out of a yes, when what happens doesn't work the way you thought it was gonna work, or it doesn't work the way you thought it was gonna work.

And it's not. But I think offering to help her.

Any offer of help if you can't do something is always a good way to deal with a complex situation.

I can help you, and we can get situated when you come in next time.

I think it was a very good answer. Okay, we've got one more.

This is dealing with a grandchild. Any volunteers?

Oops!

We had somebody. Jane, was that you that raised your hand?

Okay. Jane, Gwyn.

Okay. Hi, Jane, okay.

Then you have to unmute yourself. Now. Jeff will help you to unmute, and then Jane can unmute.

Okay.

Okay.

Yeah, we're ready.

Are we ready? Hi, Hi, Jane, okay, I see. Okay, I'm get a full confession.

This happened to me this morning which I love when I'm working on something, and that exactly what I'm working on happens to me in real life, because you'll see when I tell you so. My daughter and son of law taking their kids to Disneyland in 7 days over spring break.

They've had this trip plan for about 6, 8 months, and in that 6, 8 months, I can tell you that they never mentioned to my husband or me that would we like to join them, which is fine.

I have no problem with that this morning Migr. Granddaughter called me. She's 7 years old, she called me, and she said, would you and grandpa come to Disneyland with us?

Here's what you need to know from my point of view.

Because I was not planning on taking a trip next week.

I have a ton of work coming up. That would be very hard for me to cancel and change everything.

It's also last minute, which means it could be very hard to get tickets or a room to Disneyland.

And quite frankly, I'd rather go to the ninth circle of hell.

Then Disneyland. During spring, break.

Yeah, yeah, okay. Well, I think I I would deal with it so much, because what a sweet thing for them to offer?

Yes.

You know, to ask you for her to ask you, and I would just, I think I would say, Oh, sweetheart, maybe this isn't exactly the best time for us, but we would love to go with you sometime in the future when we can take some time.

And really plan it out. So I want you to have such a good time with your mom and dad, and we will schedule it a time with you at some other time.

Thumbs, up, thumbs, down!



Nothing!

No, there's definitely thumbs up. I guess my question is, can you say it would be fun to go another time when maybe you never want to go?

Yeah, true.

I don't think I think I think what I could do is say, oh, I'm so happy!

You get to go and I'll tell you what, grandpa and I will.

We'll plan a fun trip for you and your brother sometime.

Okay.

Yeah.

Okay. Alright. I think it was handled beautifully.

Jane, by you! I've got some final words and then we'll go to questions.

If there are any in an article in ink magazine about Steve Jobs in the power of the word.

No, the writer ends the piece with these words, simplifying your life, means to say no to 1,000 different shiny and sexy options, that may but in reality they don't really serve you.

Your purpose or your mission, and I think those are words to live by that.

Whatever you say. Yes, new doesn't serve your purpose, and your mission.

So other questions.

I thought I saw Susan Friedman. Did you have one?

Maybe. Hold on a second. Let's Jeff unmute you, and you can unmute yourself.

Okay.

There you go!

Yourself alright. So I was just gonna add something to the response before.

And this is kind of our family, but something like it would be so much fun if you call me at the or let's face time at the end of the day, and you can tell me what you're doing.

So you still are sharing the experience, even though it's via Internet or telephone.

And to me that's softens it a little bit, and I would enjoy.

Having the phone call with him or the facetime, and hearing what they liked.

That's a great idea.

So it's just an extra added idea.

I think it's a great idea. It they're.

We have a question from Paddy Knox, so if we can unmute her.

Okay.

Can you hear me?

Hi! Patty!

I I have a question. No, is not easy for me to say.

But about 10 years ago, how I started solving that issue is by asking myself, Am I really sorry I have allergies here in Arizona?

Yeah.

My eyes are dripping, I if I'm not passionate about something that is a really good sign that it's time to say no, but a lot of passions.

So I've gotten myself into trouble because I I'm excited about a project, or I think I want to do it.

So I can't just go by that, really, at least not at this point in my life.

I have grandchildren. I travel more, and how do you make that differentiation?

How do you know when enough is?

That's my phone. Yeah, that's that's a very good question.

And I think if we go back to the things you have to, you have to say, I mean, I love this organization. But but I'm already doing stuff for a bunch of other organizations, oh, my God, the technology is going crazy here.

So you ask yourself, what do I get by saying yes to this?

What do I lose by saying this? Yes, to this? What do I have to give up by saying yes to this?

Yeah.

Am I going to regret saying yes, in a month, 2 months?

What have you? You need to ask yourself the questions that go that are in concert with whatever your mission, your purpose, your goal, whatever. And you can't say yes to everything without making yourself crazy.

If you just.

Right I think, for me, for the best thing that you said this morning was, don't answer right away, I am prone to making a quick answer, and then sometimes looking back and regretting it, sometimes even bowing out before I get started, so saying, can I let you know in a day or 2 is I love

that, but.

How are you? Many? It's not, hey! A fallback answer, just because you're put on the spot.

Right.

There are very few things that you're asked where somebody needs an answer.

Alright!

Right this minute, and if they wouldn't trust them.

Just on the basis of that.

There's another question from Katherine Davis.

Hold on a second, Catherine, let's just get you unmuted.

Sure!

Okay. I wanted to piggyback on something Paddy just said, and that was a take a moment to think.

Go home and really search your gut. I was a theater director for like 50 years, and I got effort projects, and if I did them for the wrong to advance my career, make money, or and I knew in my head of heads, it was a wrong reason it didn't it always didn't turn out right.

or even I was asked to do a Hispanic play, and I kind of was flattered.

It was a new theater that worked, and then I called him back and said, I'm not the right person.

I need. You need to find somebody who will do justice to the culture.

It was a very cultural, oriented way, and I said, You know, to find me another project, or whatever.

But you have to go home. And really really find the truth in what you want to do.

Is it? And you know it may be fine, is oh, all my best friends are doing it.

Bye!

That should be fun. Okay, then do that. But if you do it for the wrong reasons, and really find out what the reason is that you're saying yes is what I found.

That's right. What do I gain from doing this?

Yeah.

What do I lose from doing? And I wanna make it very clear.

And you said, You know the role. One of the wrong reasons was to adminance my career.

I assume you were to point your career where you'd gotten to where you wanted to be.

It is, however, wrong if you're in a position where saying yes to something could advance good help.

Yeah, yeah.

You. What's the heck? Say? Yes.

Yeah. But if you are in a place where you don't need to do that, and you think it would do even something more that feels almost.

That's just not right.

That's right. Very good.

Sally, thank you. I just wanted to let you know.

We were just about out of time, and I can see that there are people are beginning to warm up and begin beginning to have a few more questions.

But you know, I we can maybe further this conversation in the future.

But I've got to tell you, Sally, you just exemplified Lotus Network's mission of it's never too late to be.

And I want to say flexible and thank you for your flexibility.

And continuing on, amidst a lot of technology challenges.

Today. Thank you so much for that. And I, despite technology challenges, we have really gained a lot of information that I have a feeling we're going to need to digest and then begin to practice.

Well, good, and I apologize to all of you for the technology glitches at the beginning, and I hope this still came across as.

No, it did, and I wanna let everybody know as we wind up our time today together and how special it's been a lot of interaction and a lot of really, I think I can see a lot of nodding and people like agreeing.

And really being engaged in this kind this is, this was recorded and it will be on the website on Sally's website on Lotus Network.

Sally's page on Lotus networks website.

So in a couple of days, so everybody, when you need a refresher and just to check out Sally's page on our website, go to [LotusNetwork.org](http://LotusNetwork.org).

And you will see, and you can click into timely topics, and you can see that Sally is up and running, and you can see the recording don't forget to check out all of our things.

Our Instagram, our Facebook. If you're on, we've got a lot of information. I'm sure you guys all get emails.

You're gonna start getting more. There's so much exciting stuff coming up in the future.

Just in the spring. Our signature experiences not to be missed.

It's already almost full and we will be in person there will be probably a 700 person capacity or 730, maybe, but we're almost full, so it's a don't miss event. We're real excited about that.

And I just can't thank you all enough today for being here.

It's just. It's never too late to connect, and we can see why, because the power of connection really enlivens us and makes us feel close to each other.

So. Thank you all very very much. And, Sally, I'm 1 million, thanks to you for agreeing to do this, and lots of applause.

I see right now from everyone. So thank you so much, Sally.

We're just really appreciative, and everybody just stay safe. Stay connected.

Keep in touch. We really appreciate it. Thank you all very, very much.

Bye, bye! See you later. See you soon.