

It's Okay to Say "No!"

Your option to say "no" is always okay
Because you're entitled to vote "Yay" or "Nay"

Replying "no" doesn't mean you're resistant
Nor saying "yes" as being complacent
But being true to yourself must be consistent

Don't allow anyone to persuade or sway
Your honest opinion, you should always convey

It's fine to say "No!"
Because it doesn't define you as a friend or foe

It's not about saving face
Or even pleading your case

No one has the right to ask why, neither Dick, Jane or Moe
Simply respond with, "Because I said so!"
There's no need to evolve into a battle like the Alamo

You have the right to your opinion and personal space
Therefore, sometimes others need to be put back into their place

Often, women try to satisfy everyone else
Now consider making decisions to delight yourself

Simply wanting some quiet Me-Time
Is not a misdemeanor nor a felony crime

Cure your “I can’t say no” disease
And focus on you as the one to please

What you want, you must self-advocate
And be sure with others to communicate

You must establish your perimeters and your boundaries
To eliminate any future questions or unwelcomed inquiries

This dialogue doesn’t have to be difficult or controversial
Just keep the conversation focused and cordial

Practice in the mirror and the words will flow with more ease
And the nervousness and anxiety will eventually begin to cease

Always remember, no one has the authority over you
Clearly, reclaiming your own power is way overdue

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