

**Busy Moms make
good choices.
Before U Say Yes,
ask yourself:**



Am I saying yes because I would feel guilty if I said no?



Is my gut reaction, "How can I get out of this?"



Am I saying yes because I'm the mom who *always* says yes?



Am I saying yes only because my friends said yes?



Will saying yes bring stress to my family life?



When it's done, will I just be glad that it's over?



If you answered yes to any of these questions, reconsider saying yes to this request on your time. Remember: It's OK to say "NO." Saying "NO" is saying "YES" to U.