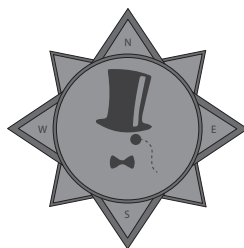


## TAKE NO FOR AN ANSWER WITH A GOOD ATTITUDE

You know what word we really don't like to hear? It's the word NO! And it's easy when we hear it to get sad, mad, or anything but glad. But the reality is that "no" is there to protect us. Think of it this way, our parents are there for us, always looking to do the best for us. So when we hear "no" we should be thankful.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Spend five consecutive days being thankful for the no's. Don't question and don't pout, but say thank you. If you slip up and have a wrong reaction, the five days start again.

Good luck, you can do it!!!

- We hear no's to protect us.
- We hear no's because people have something better for us.
- We hear no's because a yes just isn't possible.
- We hear no's because the grownups have more wisdom than us and simply know what is best for us.

So, when you hear a "no," don't get mad, don't pout, don't stomp your feet or sulk. Instead say "Yes, sir," or "Yes, ma'am" and be thankful.

Because you know that the "no" is simply being given because it is the best thing for you from people who love you.

