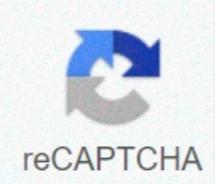




I'm not a robot



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Broken dreams full song

Last updated on November 19, 2020 it's a simple fact that it can never be productive if you take on a lot of commitments - you simply post yourself too thin and won't be able to get anything done, at least not well or on time. That's why the art of saying can't be a game changer for productivity. Requests for your time come all the time from family members, friends, children, co-workers, etc. To stay productive, reduce stress, and avoid wasting time, you have to learn the gentle art of saying no – an art that a lot of people have problems with. What's so hard to say no? Well, at first, it can hurt, anger or disappoint the person who says no to him, and this is not usually a fun task. Secondly, if you hope to work with this person in the future, you will want to continue to have a good relationship with that person, and to say no in the wrong way can put that at risk. However, it doesn't have to be hard or your relationship. Here's how to stop people pleasing and mastering the cute art of saying no.1. The value of TimeNow is your commitments and how valuable your time is. Then, when someone asks you to devote some of your time to a new commitment, you need to know that you simply can't do it. Be honest when you tell them: I can't now. My plate is burdened as it is. They will sympathize with the possibility that they may have a lot of things too, and will respect your openness, honesty and interest in self-care.2 You know your priorities if you have some extra time (which, for many of us, is rare), is this new commitment really the way you want to spend that time? For example, if my wife asks me to pick up children from school a few extra days a week, I will probably try to take time to do so because my family is my top priority. However, if a coworker asks for help with some additional projects, I know it will mean less time with my wife and children, so I'll be more likely to say no. However, for others, work is their priority, and helping with additional projects can mean an opportunity to upgrade or raise. It's all about knowing your long-term goals and what you'll need to say yes and not to get there. You can learn more about how to prioritize here.3 Practice saying NoPractice makes perfect. Saying not as often as you can is a great way to get better at it and more comfortable with saying the word. Sometimes, repeating the word is the only way to get a message through people who are very persistent. When they keep insisting, just keep saying no. Eventually, they'll get the message.4 Don't apologize the common way to start I'm sorry, but... People also think that it seems more polite. While politeness is important when you learn to say no, apologizing just makes it seem weaker. You have to be firm and unapologetic about guarding your time. When you say no, you realize that you have nothing to feel bad about. You have every right to ensure that you have time for things that matter to you. Stop being NiceAgain, it's important to be polite, but being nice by saying yes all the time just hurts you. When you make it easy for people to grab your time (or money), you will continue to do so. However, if you build a wall or set boundaries, they will look for easier goals. Show them that your time is good guarded by being a company and have rejected as many applications (which are not on your top priority list) are possible.6 Say no to your bossSometimes we feel that we have to say yes to our president, -they're our president, right? And if we start saying no, then we seem to be unable to deal with the work – at least that is the common logic. In fact, it's the opposite — explain to your boss that by carrying too many commitments, you weaken your productivity and jeopardize your current commitments. If your boss insists on taking on the project, go over the project or your to-do list and ask him to redefine priorities, explaining that there is only so much you can take on at once.7 Anticipating EmptinessIt is often much easier to pre-empt requests than to say no to them after the application has been made. If you know that requests are likely to be made, maybe in a meeting, just tell everyone once you come to the meetingLook, everyone, just to let you know, my full weekly is booked with some urgent projects. I will not be able to meet any new requests. This, of course, takes a great deal of awareness that is likely to be only after having worked in one place or friends with someone for a while. However, once you get a comment from it, it can be incredibly helpful.8 Back to You instead from providing an answer then and there, it is often better to tell the person you have to give their request some thought and return to it. This will allow you to take it some consideration, and check your commitments and priorities. Then, if you can not take on the request, try to say no this way: after giving this some thought, check my commitments, I will not be able to meet the demand at this time. At least you gave him some consideration. Maybe limit if this is an option that you want to keep open, instead of just slating the door on the person, it's often better to just say, this sounds like an interesting opportunity, but I just don't have time right now. Maybe you can check back with me in [giving a time frame]. Next time, when they check with you, you may have some free time on your hands. If you need to keep saying no, you have some other ways to do it.10 It's not yours, it's meThis classic rejection can work in other situations. Don't be unthreatening about it, though. Often, the person or project is a good one, but it is not suitable for you, at least not at this time. Simply say so -you can complete the idea, project, person or organization, -but say it's not appropriate, or it's not what you're looking for at this time. Just say this if it's true, as people can feel dishonest. At the bottom of the Saying line it's not easy to do, but once you've mastered it, you'll find that you're less nervous and more focused on the things that really matter to you. There is no need to feel guilty about organizing your personal life and mental health in a way that makes you feel good. Remember that when you learn to say no, it's not about blame. It's about taking care of your time, energy and mind. Once you learn how to say no in a good way, people will respect your willingness to practice self-care and set priorities. More tips for less stressful LifeFeatured Credit Photo: Kyle Glenn via unsplash.com subscribe to buzzFeed Quizzes newsletter - Binge on the latest tests delivered right into your inbox with Quizzes newsletters! Like most of you, I'm sure, I love music. It plays a big role in my life, whether I'm in the gym at home or in the office (excuse me), nothing gives me more joy or energy than listening to my favorite tunes. They motivate me even when I feel down or slow down, and give me food to think when inspiration fails me and eggs me on when the flags are pushed. In other words, my back music was at both high and low times, and I firmly believe that there is a song or melody there pray must on every occasion! On this note, Today I like to share my playlist when I need a little mojo to chase my dreams. You know the result, some days, the will to go boldly after what we want is lacking and we find ourselves uninspired, unenthusiastic and bored. Oh, at times like this, there's nothing better than plugging your earphones, shutting down the world and letting great music, and lifting walls over you. After just a few songs (or more, if the recession has really hit me), I feel refreshed and wanting to go! The following songs are a mix between good, old-fashioned (and probably more cheesy) pop, raw rap and ready-made R&Bmp;B affectionate. What they all have in common, though, is that they will get you pumped to follow your dreams! Ready? Let's go! 1. Journey - Don't stop believing! Stick to this feeling Don't stop believing by is a classic goodwill and has its place in my motivational playlist. The melody is sexy and the lyrics, lift, so press play when you need a boost!2. Alicia Keys - Empire State of The Mind (Part II) Breaking Down'mma Make It By No Means! Got a Pocket Of DreamsAlicia Keys' Beautiful Delivery of Empire State of Mind (Part II) captures all of Apple's great promise. High vocals along with inspiring words make this song the perfect companion for chasing dreams. Let it go is one of my favorite songs of all time, so it's no surprise to see it on this list. It's the perfect song to belt out when you need to muster your strength and face those epic challenges! 4. Iggy Azalea - Impossible is Nothing will never let me see me sweat / Promise you want more until my latest breathyiggy Azalea may Be for everyone, but this song didn't fail to get me pumped up. Hearing her talk about her struggles and her steely will to succeed will surely motivate you to reach the stars!5. Darren Zanlar - Be what you want to know Bel you can reach the top / Make sure you won't stop this song is definitely an acquired taste, but the lyrics contain a rare optimism that will have you tapping on your feet and longing to go! 6. Israel Iz Kamakawiwo'ole - Somewhere Above the Rainbow / What is the wonderful WorldSomeday Wish for a star / Wake up where the clouds are far behind the classic meAnother beautifully presented by Israel legendary Iz Kamakawiwo'ole, this song will open your eyes to the beauty of the world. Rise is a glorious poem of adventure by nothing but Eddie Feder's own Pearl Jam for the epic film in the Wild. Her sexy, hopeful melody will ignite your lust!8. R. Kelly - the greatest in the world and I have that little hope / When my back against the ropeThis touching poem by Muhammad Ali serves as a reminder that even in the darkest hour, there is still hope. Listen to this song when things get tough 9. Eminem - Lose Yourself just get one shot / Don't miss your chance at blowEminem lose yourself a great deal of motivational playlists, and for good reason: it's a real anthem for hard work and a reminder to always seize opportunities once you present yourself to us. Carp to die!10. Katy Perry - FireworkBaby, You Fireworks / Come on, Let Your Full Motivational Run Colors Burst Without Fireworks by Katy Perry! This song has been my ally on many difficult run. Her inspirational and good words, the fun of the old-fashioned poppy never fails to put a smile on my face! Sometimes, all it takes is to put you back on the path to success is the right attitude... And the right song! What song is going to put you in the mood of dream chasing? Photo Credit: Pexels via pexels.com pexels.com