

"anything that is not a 100% YES is a NO."
the core principle

only do and follow what feels right. one principle. everything else is application.

if something is a 100% yes – do it. if something is anything less – don't do it, or dig into what's blocking the yes.

what does a 100% yes feel like?

in the body

- expansion in the chest
- warmth spreading through body
- relaxation in shoulders
- easy, natural breathing
- lightness
- forward-leaning energy

in the mind

- certainty without needing reasons
- peace and calm
- no mental debate
- don't need to justify it
- decision feels simple
- you just know

think of something you love with no hesitation. your favorite food. a beloved person. that feeling – that's your 100% yes.

what does a "no" feel like?

in the body

- contraction in chest or stomach
- tightness in throat
- tension in jaw or shoulders
- shallow breathing
- heaviness
- pulling back energy

in the mind

- dread or obligation
- "should" energy
- need to justify or explain
- lots of "but" thoughts
- seeking external validation
- "i have to"

the 5-step process

- 1 get grounded – 3 deep breaths. feet on the ground. clear your "shoulds."
- 2 ask the question – "is this a 100% yes for me right now?"
- 3 feel, don't think – drop into your body. notice the first physical response.
- 4 wait – 3-5 seconds. expansion or contraction?
- 5 honor the answer – 100% yes = proceed. anything else = no, or not yet.

the 6 traps

- "but i should say yes..." - "should" is never a 100% yes.
- "what will people think?" - other people's opinions are not your compass.
- "maybe it'll become a yes later..." - test it now. reassess later.
- "i can't afford to say no..." - you can't afford to say yes to what's not aligned.
- "i'm not sure what i'm feeling..." - uncertainty = not a 100% yes.
- "my mind says yes but my body says no..." - always trust the body.

the 80% yes trap

"well, it's pretty good..." "most of it feels right..." "i can make it work..." "better than nothing..."

this is a no trying to disguise itself. a real 100% yes needs no convincing.

body scan for yes/no

- head - mental clarity or confusion?
- throat - open or constricted?
- chest - expanding or contracting?
- stomach - at ease or churning?
- solar plexus - warm or tight?
- gut - peaceful or unsettled?

any contraction anywhere = not a 100% yes.

emergency 10-second check

close your eyes. one deep breath. ask: "100% yes?" notice: expansion or contraction. trust it. act on it.

build your yes muscle

- week 1: practice on food choices, 3 times a day
- week 2: add clothing and activity choices
- week 3: practice on social invitations
- week 4: apply to work decisions
- month 2: use for bigger life choices

"your body knows. trust it."