Thoughts on Yes and No
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People think focus means saying yes to the thing you've got to focus on. But that's not what it means at all. It means saying no to the hundred other good ideas that there are. You have to pick carefully. I'm actually as proud of the things we haven't done as the things I have done. Innovation is saying no to 1,000 things.
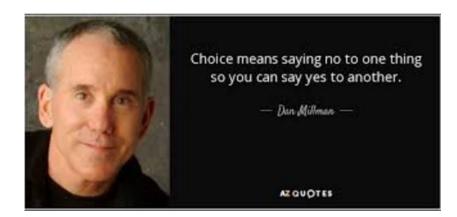
— *Steve Jobs* —

AZ QUOTES

NO

No *is the word that makes time for dreams*
No *is the word that creates balance.*
No *is the word that makes time for rest*
No *is the word that helps achieve goals.*

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Choice means saying no to one thing so you can say yes to another.

— *Dan Millman* —

AZ QUOTES

Questions for self-inquiry

When I say "Yes" to this, what am I **also saying** "No" to?

What time, money, energy and attention won't be available for other pursuits, interests, and ideas?

How does saying "Yes" keep me in balance, or bring me closer to being in balance, or not?