



### **314: Yes or Now? Decision-Making for the Over-Eager**

I'm Emily P. Freeman and welcome to The Next Right Thing. You're listening to episode 314. I'm an author, a spiritual director, and an occasional workshop leader. I live in the Piedmont of North Carolina with my family and through my work I've helped thousands of spiritually thoughtful people overcome decision fatigue so that they can discern their next right thing and faith in work and in life.

Today's episode is brought to you by my brand new book that releases four weeks from today. It's called *How to Walk Into a Room* and it will help you discern what to do next when you find yourself carrying questions about spaces, relationships, or groups you're a part of. And it will help you develop the art of knowing when it's good to stay, to fight for change and ask good questions or if it might be time for you to gather your things, to bless your experience and say your goodbyes.

As you navigate all kinds of endings, both the ones you choose and the ones that are chosen for you, I hope this book will be a kind companion. If you get it between now and the release day on March 12th, that's if you order it early, I have free gifts to give you as a thank you. Including a brand new audio collection and the Quiet Collection app, Blessings for Hellos and Goodbyes and a companion downloadable workbook to go along with it, but it will expire on the release day.

So if you want those early bonuses that are completely free when you order early, you can learn all about it at [emilypfreeman.com](http://emilypfreeman.com) and you can start listening to the Blessings Collection today. You don't have to wait until the book comes out. Well, if you struggle with decision fatigue, chronic hesitation, or if you just need a few minutes away from the constant stream of information and sometimes delightful but also distracting hum of entertainment, you're in the right place for discerning your next right thing.

When I started The Next Right Thing back in 2017, I had the chronically hesitant and the decision fatigued among us in mind. But we are not the only ones who need decision-making help. There are also those who are chronically eager and that's who I want to talk to today. Listen in.

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Let's say an opportunity comes your way like an invitation, a recommendation, an offer if you will. On the scale of absolutely yes to absolutely no, I wonder, where do you fall? Now I know you want to say, "Well, it depends," and of course it depends, but most of us probably have a first thought, a tendency towards saying yes more often or saying no more often. We have a natural bend one way or the other.

Well, today is for the person who does not see the options as being between yes or no, but yes and yes. It may be yes now or it may be yes later, but the answer will be a yes. This person sees potential in everything and instead of thinking this is a yes or no decision, they tend to think, "Is this for now or is this for right now?" I love people like this. I need people like this in my life and I sometimes am this person depending on who I'm with.

I've been in seasons of life where I'm a no or never person and I'm sure you have too, but as fun and delightful as being a yes or now person can be, we all know it comes with its own set of challenges. If that's you, you may struggle with an overstuffed calendar. Maybe a scattered sense of being everywhere and also kind of nowhere or maybe you end up saying yes to things initially, but then when the yes day comes, you feel regret or exhaustion and wonder why you ever agreed to do this anyway.

Your eager yes could come from a place of desire and excitement, but it might also come out of a place of obligation or tradition or just having a habit of over-functioning. Maybe you say yes quickly because you don't want to be left out or overlooked and you don't like that really uncomfortable feeling of missing out on something fun or something that could just be deeply meaningful or deeply good.

It could be that your yes is conditioned in you because of your own family of origin mixed with your personality, and you don't want to let anyone down. Maybe you haven't even considered that no is ever really an option. If you're someone who is over-eager with your yes for whatever reason, it doesn't always mean you're over eager in a fun way, I guess is what I'm saying.

And then there's how, yes or now people respond to red flags. So this might be your response when you sense something is just a little off in a space. You don't like the idea of waiting around for what might go wrong, so you high tail it right out of there because you feel discomfort or you have a lack of felt peace or good vibes. Or maybe you do the opposite and you said yes to this space or this community or this job or whatever it is, and you're going to see it through no matter what. Your yes is a choice to stay and no isn't even on the radar.

Well, this is one of the reasons why I wrote *How To Walk Into A Room* because in conversations over the years about decision-making and discernment, I learned, and I've seen it myself anecdotally, that while some of us are stayers and hang on too long, others of us are leavers and rush out at the first sign of trouble and I wanted a way to talk about this.

To name the staying and leaving tendencies we have and to come up with a framework for slowing us down if we tend to move quickly away from discomfort and to give us a process for potential exit if we tend to stay put at any cost. Yes or now people may be quick to leave or they may be adamant about staying, but either way, what might be some next right things for the over eager yes person no matter what the situation is?

Well, first I have to say you help us to have courage. Those of us who are chronically hesitant could learn a lot from the chronically eager. You're action people. Sometimes your action is staying no matter what or leaving immediately, but, "You're sitting on ready," as my Southern mother-in-law would say. You're often willing to do a hard thing, a fun thing, a new or complicated thing, and we are glad that you're this way.

And also a gift for yourself could be the word maybe. Maybe is your new best friend. Try this out. Whenever an invitation request or red flag comes your way, let maybe be your automatic first response. If the request is in person and someone's standing in front of you and inviting you to a thing, have your first response just automatically be, "Let me get back to you." If the decision has a deadline, use all the time you've got. Don't rush to an answer before you have to.

If the red flag is waving in a room, buy yourself some time to consider what's really going on. The point of maybe, is to slow you down. Secondly, a good thing about you is you know almost nothing is permanent. The gift of being a yes or now person is that you probably have a pretty good handle on the reality that a lot of decisive people know, and that is that almost nothing is permanent from cutting bangs to taking a job.

Yes, there are consequences that we have to live through and regrets that could come with a cost, but in the scheme of things, yes or now people know that saying an immediate yes usually doesn't mean that you're stuck forever. You know that you could change your mind. And also a gift you could give yourself is to sleep on it. This is just another way of saying maybe, but truly it's a true thing that most things aren't permanent, but it's so much easier to say no at the start than to have to change your mind later.

In other words, bangs take time to grow out. What if you could avoid that awkward six weeks and just sleep on it? If it's truly a good idea now, it will still be a good idea tomorrow. And finally, I'll just say something about deadlines and reflection. The chronically hesitant people among us, raising my hand, we need to set deadlines to force us to make a move no later than a particular time, otherwise we'll just consider it forever. But our yes or now people will need to set a deadline in order to force themselves to stay still until a particular time.

Either way, a deadline's your friend. And another friend is having a regular habit of reflection so that you can know and name what a meaningful yes means to you. The Lazy Genius, Kendra Adachi, is always reminding us to name what matters in our season. And so if you're

someone who's chronically overeager, don't let yourself forget yourself in the process. Sometimes when we find ourselves saying yes a lot, we may unknowingly be saying no to ourselves.

Because we know this that every yes comes with a basket of nos no matter how much we may wish it to be otherwise. So cultivating a regular habit of reflection helps us to become aware of what automatic no is going to come with our eager yes, and then we can choose accordingly.

Well, in review, if you are a yes or now person, the truth is a lot of us have a lot we could learn from you. And also the word maybe, sleeping on it, and introducing deadlines and reflection could be simple practices to hang on to so that you're not saying yes at the expense of yourself. So whether you're chronically hesitant or chronically eager, here's to doing your next right thing in love.

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Thanks for listening to episode 314 of The Next Right Thing. I hope this simple practice of slowing yourself down can be just one more rung on the trellis upon which your rhythm of life can continue to grow. Because while it's true, this is a podcast about making decisions, the bigger truth is our daily decisions are making our lives.

As always, you can find me online at [emilypfreeman.com](http://emilypfreeman.com) or on Instagram @emilypfreeman where we have a transcript of this and every episode. Thanks to the team at Unmutable who faithfully edits our sound and to Ashley Sherlock who creates our show notes and keeps this podcast organized.

If you want help with your yeses and nos, if you find yourself in spaces you might be questioning but aren't sure of your next right thing, I hope you'll get a copy of *How To Walk into a Room*. You can order it right now, wherever books are sold, and when it releases on March 12th, 2024, you'll have it right away.

I would be so happy to sign and personalize a copy for you or as a gift for someone else. All you have to do is visit [bookmarksnc.org](http://bookmarksnc.org). Ashley's going to put the link in the show notes for us, and you can order the book there, fill out a form with who your book is for, and I will personalize it for you. Isn't that fun?

Well, speaking of Bookmarks, if you haven't seen, we have some book events coming up in March and April, and I would love to see you there. We'll be at Bookmarks and some other bookstores, and if you want to check out the whole list, just visit [emilypfreeman.com/events](http://emilypfreeman.com/events). Well, I'll close this today with a prayer. May it be so for all of us. To the God who knows my name, my fear, my courage, and my disappointments be the peace I want the most, so that I move through this day with confidence and hope so that the brewing battle stays outside the door so that my body remains a haven. Amen. Thanks for listening and I'll see you next time.