

My top 5 this week

- Saying 'No' is a superpower
- What does "be consistent" even mean?
- How to be "original" in the age of AI
- How to be a better dad in 3 steps
- I am 47, I am made redundant, I am scared



Saying 'No' is a superpower.



Will McTighe • 1st

Founder helping you level up. Follow for insights on career growth. Stanf...

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- No' **prioritizes 'Yes'**
- Focus on key **values**
- Use **decision models**
- Set polite **boundaries**
- Offer clear **alternatives**

LEARNING TO SAY 'NO'

WILL MCTIGHE

How To Set Boundaries

DECISION-MAKING MODELS FOR SAYING 'NO'



"The difference between successful people and **REALLY** successful people is that **REALLY** successful people say **NO** to almost everything."

- WARREN BUFFETT

7 ESSENTIAL TIPS TO SAY 'NO'

OFFER ALTERNATIVES

▶ "I can't take this on, but you can ask [x]."

COMMUNICATE CLEARLY

▶ "I'm at capacity right now. I can't help you with this."

ASK A PRIORITIZATION QUESTION

▶ "I've already got [x,y,z] on my plate. Which ones should I prioritize? (Usually leads to 'No')

BRIEFLY EXPLAIN YOUR REASON



QuintSmart

Excel through Holistic Learning



What does “be consistent” even mean?



Ahad Iqbal • 1st

Growing Personal Brands | Helping 15+ Personal Brands Worldwide | Link...
6d • 🌐

Consistency isn't just posting everyday but following a set guidelines for your brand.

Ahad I.

- Match your **copy style**
- Align **brand** visuals/tone
- Consistency **isn't volume**
- Keep **content quality** high
- Focus on **memorable** impact



How to be "original" in the age of AI



Luke Matthews (That / Wizard) • 1st

I teach you how to write with AI (and win on LinkedIn)

[Visit my website](#)

- **Take risks**, be unique
- **Avoid** seeking **approval**
- Live, **gain experiences**
- **Comment authentically**
- Write with real **emotions**



How to be a **better dad** in 3 steps



Greg Garunov • 1st

Building a community for Millennial Dads to help them create str...

[Visit my website](#)

- Explain the **Why**
- **Listen**—Really Listen
- Be **Consistent, but Flexible**



I am 47,
I am made redundant,
I am scared





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