

REJECT THE HUSTLE

How Saying **No** Makes Space for Heck Yes!

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ALLYSON TWIGGS

Own a bank marketing agency
the **twiggs** group

Razorback Fan

Goldendoodle Mom

Host a sports podcast
with my son

Tallulah Belle

2



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WHAT IS HUSTLE CULTURE?



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EXAMPLES OF HUSTLE CULTURE

Working excessively long hours and neglecting self-care

Prioritizing work over personal relationships

Constantly checking email and working during off-hours

Shaming or judging others for taking time off

Focusing solely on productivity and output

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EXAMPLES OF HUSTLE CULTURE TERMS

Grind it Out

Push Through

Go Harder

Level Up

Sleep When You are Dead

Work Hard, Play Hard

Fake it 'til You Make It

Go Above and Beyond

Boss Up

No Pain, No Gain

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“NOBODY HUSTLES HARDER THAN A
WOMAN WHO DOESN'T LIKE ASKING
PEOPLE FOR ANYTHING.”

-@WOMANCEOMINDSET

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5 WAYS TO AVOID HUSTLE CULTURE

1. Set Boundaries
2. Focus on Priorities
3. Take Intentional Rest
4. Define Your Own Success
5. Ask for Help

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LEARN THE POWER OF PAUSE

Resist the urge to respond to everything immediately. There is power in giving yourself permission to pause and reflect instead of feeling like your labor always has to happen on demand.

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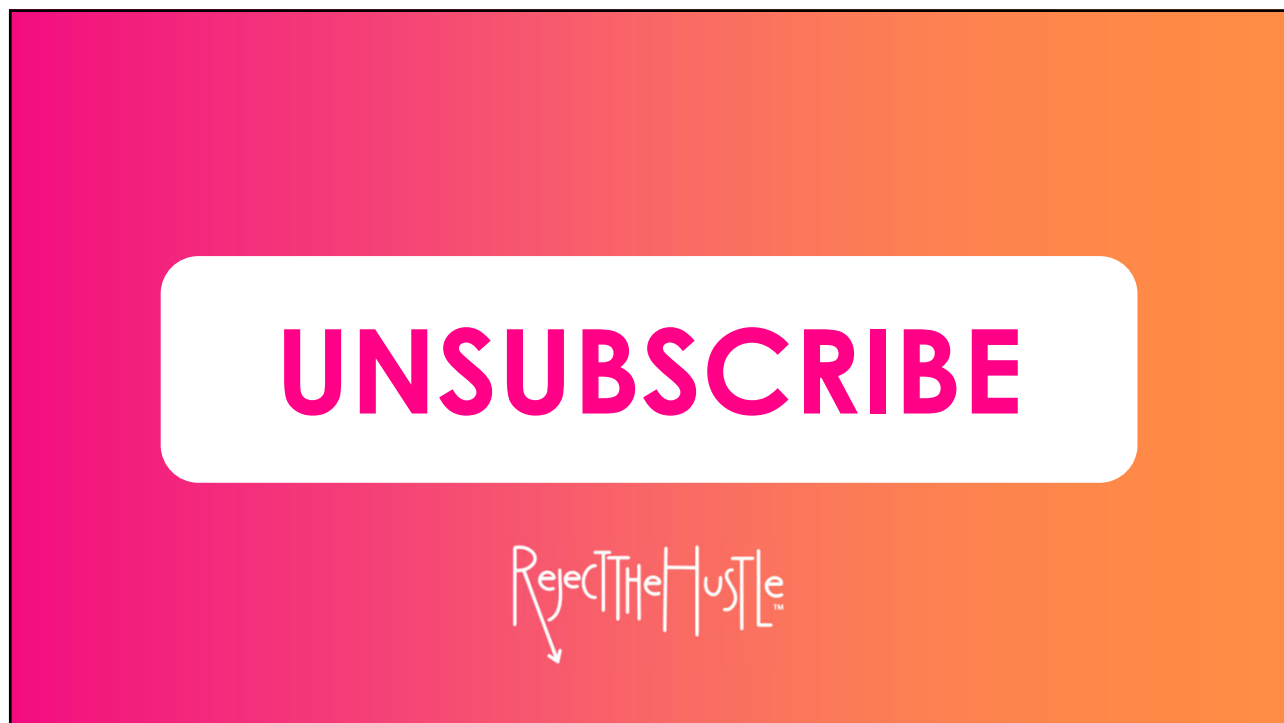
“CAN I GET BACK TO YOU?”

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DO NOT DISTURB 

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UNFOLLOW

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PROTECT YOUR TIME



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“YOU CAN DO WHAT YOU LOVE AND STILL
BE TIRED. YOU CAN DO WHAT YOU LOVE
AND STILL BECOME BURNT OUT. YOU CAN
DO WHAT YOU LOVE AND STILL GET
EXCITED ABOUT TAKING A BREAK.”

-@THEALISHANICOLE

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COMMON SIGNS OF BURNOUT



PHYSICAL

EXHAUSTION,
HEADACHES,
SLEEP DISTURBANCES,
STOMACH ACHES.



SOCIAL

DECREASED DESIRE TO
CONNECT WITH FRIENDS.



EMOTIONAL

ANXIETY & NERVOUSNESS,
IRRITABILITY,
FEELING OVERWHELMED,
SELF-CRITICISM.

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AFFIRMATIONS WHEN EXPERIENCING BURNOUT

1

I give myself permission to make changes that will improve my health.

2

I am ready to receive support.

3

My health & wellbeing are my priority.

4

My best is enough today.

5

I am deserving of expressing joy.

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7 TYPES OF REST

- Physical Rest
- Social Rest
- Mental Rest
- Emotional Rest
- Spiritual Rest
- Sensory Rest
- Creative Rest



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“THE DIFFERENCE BETWEEN SUCCESSFUL
PEOPLE AND REALLY SUCCESSFUL PEOPLE IS
THAT REALLY SUCCESSFUL PEOPLE SAY 'NO'
TO ALMOST EVERYTHING.”

- Warren Buffet

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**'NO' IS A DECISION
'YES' IS A RESPONSIBILITY**

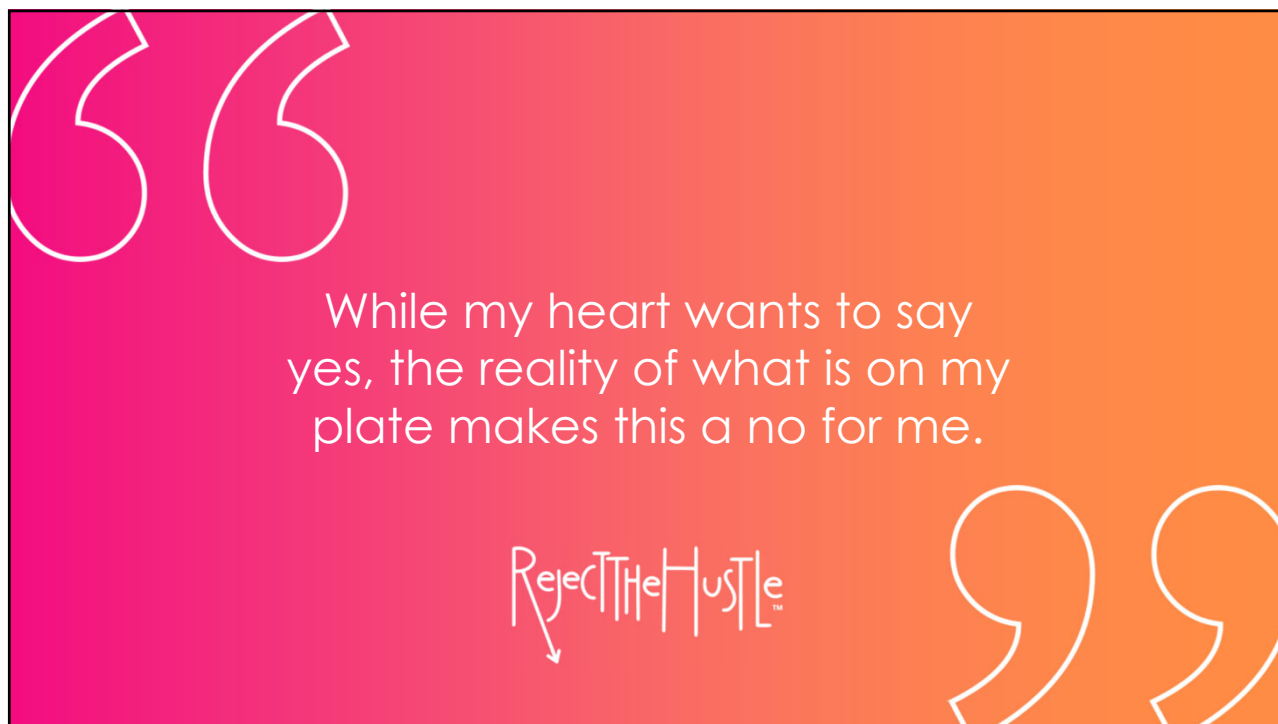
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***HOW TO SAY* NO** ←

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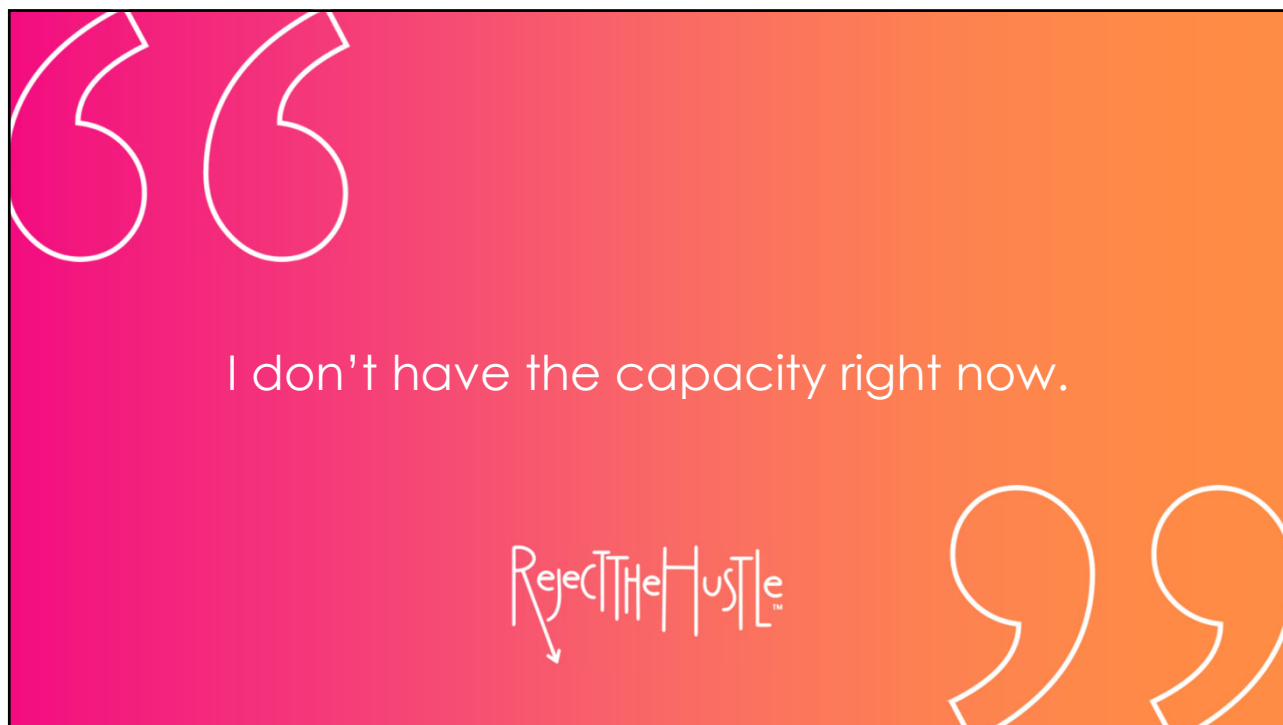
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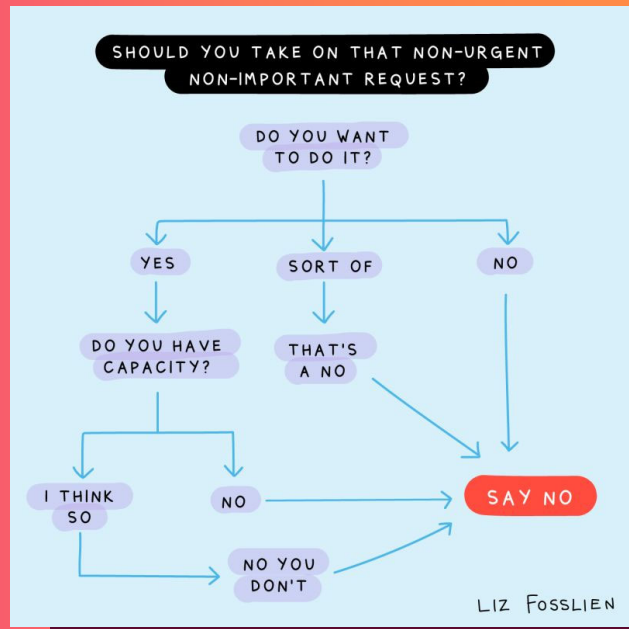


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Thank You!

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