



Overcoming Excuse Habits

Step 1 - Reveal the Excuses

What are the top 3 things you've been trying to accomplish in your life (financial goals / business goals / family goals / personal goals)

- 1 _____
- 2 _____
- 3 _____

Identify the actions required to reach those goals (not a full blown project plan, but a simple list of actions you know you need to take to reach those goals) and **HIGHLIGHT** the actions you struggle with or have yet to take

Priority #1 requires the following actions:



NOW: Write the repeated excuse category(s) below AND **identify solutions** for each one.

Examples:

- *I have limited time* = how am I using my time and what can change to give more time to the priorities in my life
- *I'm afraid of rejection* = what are some mindset trainings and activities I can engage in to overcome this fear
- *I don't think I'm good enough yet* = what resources can I plug into and develop the skills I need
- *I'm too heavy to keep up with the physical requirements* = what options do I have to eat healthier and when can I begin

Excuse habit 1 and solution

Excuse habit 2 and solution

Excuse habit 3 and solution



Step 3 - Take Action

Take the action identified for overcoming our excuses.

No bulleted list here.

It's now up to you to DECIDE to take action - or NOT.

Word of warning: an excuse habit can interfere with step 3! We can easily slip into 'using' excuses for why we cannot take action to overcome our excuse habit. Go back to step 2 - repeat as needed!

Am I willing to settle for the limited results of using my excuses,
or am I tired enough to do something about it?

Choose the statement below that truly reflects your willingness to overcome your excuse habits and decide to day what your future holds.

"I know I could have more if I was willing to overcome my excuses,
but I'm ok with landing here and
**I'm going to stop asking people for help or seeking advise
because I know I'm not willing to take the actions required."**

OR

"I know I can have more and it's time to
stop using excuses as my reason for not having it.
I'm NOT ok with landing where I am and
I'm going to seek the training, advice and accountability I need to
step into action - NO EXCUSES!"