

EXCUSES BEGONE

PUTTING THE SCIENCE OF WELL-BEING INTO ACTION

Step 1: IDENTIFY

What excuses have you used in the past? What excuses are you still using today? Really think about it. Create an excuse catalog or list. What is your excuse pattern?

Step 2: CHALLENGE

Challenge patterns and feel inspired by a new awareness hidden beneath excuses. Ask your excuses these questions:

1. Is it True?
2. Where did the excuses come from?
3. What's the pay off?
4. What would my life look like if I couldn't use these excuses?
5. Can I create a rational reason to change?

Step 3: CHOOSE

Take responsibility for your life and choose to see excuses as flawed. What is a new way of thinking and being? How can you continuously reinforce this new way of being and STOP that habitual excuse?



How to STOP excuses from holding you back!

It will be difficult. It's going to be risky. It will take too long. It's not my nature. I can't afford it. No one will help me. I'm not strong enough. I'm not smart enough. I'm too old (young). The rules won't let me. It's too big. I don't have the energy. My family upbringing. I'm too busy. I have no time.

We create self-limiting beliefs to explain why we're not living life to the absolute fullest.

In his book *Excuses Begone*, Dr. Wayne W. Dyer reveals how to change the self-defeating thinking patterns that have prevented us from living at our highest levels of success, happiness and health. Modifying habitual thinking patterns really comes down to tossing out the same old excuses and examining your beliefs in a new light. Get ready to learn specific questions to ask any excuse, and then proceed to new thinking. Melt away old habituated ways of thinking. Lifelong thinking keeps us stuck.

READY TO DO THE WORK? Follow these Steps...

