



100% Accountable

Overcoming Limiting Beliefs: Exercise

Life Planning Exercise 14 – No Excuses

As we've discussed, the greatest limitations we have are those we place on ourselves. This happens when we begin making excuses. When you tell yourself there are reasons you can't do something, you are beaten before you even try. Perhaps you feel you're not strong enough or smart enough to do something. You might say something like, "There just isn't enough time," or "I don't think I could ever afford to do it." You must pay attention to the excuses you are making, recognize that they're excuses, and begin to overcome them.

Step 1 – Below and on the following page, you will see common excuses people make. Highlight the ones you know you sometimes use. Once you have identified your excuses, select one to three that you believe have the greatest negative impact on your future, and describe why.

Example: *I am not as smart as other people. This excuse really takes away my confidence and prevents me from participating in many things because I do not feel adequate.*

1. People can't change. – Many people believe that who you are is who you are, period. But life is change, and massive strides in personal change can take place in very short periods of time. You must know what you want and believe you can achieve it, even when it requires making changes in your thoughts and behavior.

2. My situation is special. – It is both arrogant and self-sabotaging to believe that actions which can change and improve every other person's life won't work for you. Yes, we are all unique, but if you can begin doing things differently in your life, you can expect different results.

3. I am a victim of my past. – People tend to put a lot of emphasis on their past, and end up believing that it's an insurmountable obstacle. You cannot change the past, but you can make a new future. To be *100% Accountable* means that you leave the past *in the past* and refuse to let it define who you are today.

4. I'm too _____. – People often use characteristics over which they have no control, such as age, gender, race or nationality as excuses not to attempt things. The ones related to age can be the most devious. Look around you at all the incredible things people young *and* old are doing. Never use any of these as an excuse not to take action!

5. I'm not _____. – People often don't attempt things because they think themselves unworthy, don't feel good enough or believe they don't have the necessary skills. Instead of pursuing something, they simply choose not to try.

6. I've always done it this way. – Einstein defined insanity as repeating the same thing but expecting different results. If you find that what you're doing isn't helping you achieve your goals, *change what you are doing!* Regardless of how long you've done something, you can do it differently. It may take a lot concentration and practice to make the changes, but if that's what's necessary to achieve your goals, then those are steps you must take.

7. I'll start tomorrow. – Sure! And following that logic, tomorrow you'll see no reason why you can't say the exact same thing. After all, what's a day plus or minus, right? Do this long enough, and you will eventually realize that you've postponed things for so long that they don't seem worth doing anymore.

8. I don't want to get hurt. – Many of us fear being disappointed or disappointing someone we care about. This fear prevents us from taking the actions we need to take.

Below, identify the excuses from this list (or others) that you've used to avoid pursuing something you've wanted. Explain why each excuse may have actually held you back from living the life you want.

My Excuses

Excuse 1

Excuse 2

Excuse 3