



## TOP 5 WAYS TO DROP THE EXCUSES

There are so many good excuses out there...if there was a market for excuses we all would be living well and making lots of money. It's time to drop the excuses and move forward. Excuses are our way of saying I'm not committed, I really don't care, I am ok with where I'm at, it's too hard, etc. Make it your mission to stop yourself from using excuses.

1. **Change your way of thinking.** Don't allow yourself to think of excuses, make a conscious effort to block the ability to create an excuse.
2. **Be positive.** Simply being positive will allow yourself to think of options vs excuses.
3. **Self-Identify when you are using an excuse and stop.** You know better than anyone else when you are creating an excuse, stop and refocus.
4. **Identify what triggers an excuse.** Understand what situations or events in your life trigger you to create an excuse. Find ways to make those situations or events more pleasurable so you avoid creating an excuse.
5. **Celebrate when you are living excuse free.** Reward yourself for the success of being excuse free, especially when it was during a time or event that may have previously triggered an excuse.