

Conquering Excuses

Worksheet



Reach your goals by
identifying and finding
solutions to your excuses

What is Your Goal ?

“You are never too old to set another goal or to dream a new dream.” – C.S. Lewis

MY GOAL:

MY WHY:

START DATE:

ACHIEVE BY:

ADDITIONAL NOTES:



What Are Your Excuses ?

“Excuses make sure your life is the same as it was yesterday” – Unknown

EXCUSES : List 5 excuses you've been telling yourself which have prevented you from moving forward and achieving your goal.

1

.....

2

.....

3

.....

4

.....

5

.....

REFLECT : For each excuse listed above, answer the 3 questions below, **honestly**.
Feel free to use another piece of paper if you need more room.

Is it a fact or is it
how I feel? WHY?

Can I overcome it?
Why or Why Not?

If you HAD to overcome it, what
would a possible solution be?

1

.....

2

.....

3

.....

4

.....

5

.....



What Are Your Steps?

“Once your excuses are gone, you will simply have to settle for being awesome” – unknown

Now that you have reflected on your goal, your excuses and possible solutions, it's time to identify next steps. Write down 5 steps you will be taking immediately to start the momentum going.

01

02

03

04

05

LAST
ACTION
STEP

Take a picture of this page and set it as your wallpaper on your phone.



Example

Here is an example just in case you need help with this exercise.

Goal: I want to lose 20 pounds by June so I can actually feel good in my summer clothes.

List of Excuses:

1. I have NO willpower.
2. I have no one who will support me on my journey.
3. I'll NEVER be able to do this.
4. I don't want to fail so I would rather just not start.
5. I don't know where to begin.


Questions: (using #4 as an example)

- **Is it a feeling or fact?** Feeling
- **Can I overcome it?** I don't think so. I don't want anyone to laugh at me since I'm invariably going to fail.
- **Possible solution** - Flip the script. Tell yourself "I won't fail".
- **Possible STEP** - I'll ask my friend xxxxx to be my support buddy.


Here's to your Success!

-Marianne





Be Stronger
Than Your
Excuses



— *Marianne Crooch*