

10. What do you want most?

In order to help you figure out how your excuses hold you back, let's discover what might be your most common excuse.

1. Identify what you want most but don't yet have. Think about it for a few minutes. What's your number one desire? Write it down.

2. Now, write down why you don't have whatever it is that you want. What's in the way?

3. This "reason" is your excuse. Write it down. Here's an example: Jolene has wanted to go to Paris for as long as she can remember. Her reason/excuse for never doing it? "I don't have enough money." Actually, when she dug deeper, she discovered that the belief is an absolute that had blocked her from any options: "I'll never have enough money."

4. Now, rephrase your excuse. It helps to start with "I can't." This makes it absolutely clear. For example, Jolene's excuse is: "I can't go to Paris because I don't have enough money." If you struggle to rephrase your excuse, don't worry. The wording isn't nearly as important as identifying it. If you can start your excuse with "I can't," write it down. Otherwise, leave your excuse as you first wrote it down.

5. Now, rephrase your excuse, replacing "I can't" with "I'm resistant to." You can even add "believe" if there's an appropriate spot. In Jolene's example, her excuse "I can't go to Paris because I don't have enough money" becomes "*I'm resistant to going to Paris because I believe I don't have enough money.*" Again, don't worry so much about how you phrase your excuses. The most important part is to see that it isn't a matter of "can't" but a matter of *resistance*. If you're *willing* to find a way, you *can* almost always get past your resistance and do what you really want to do.

6. "I'm resistant to _____ because
I believe _____."

7. Now, imagine that a friend gave you that same excuse. What creative ideas could you come up with to help her find a way around the obstacle? Jolene might say, "If you put even a tiny bit of money away every month, you'd eventually have enough money to go to Paris. Perhaps you could find a job teaching English there or writing for an English-language newspaper."

8. Look at your excuse again, and review the "What if?" Syndrome section above (page 72-73). Do you have any "what ifs" associated with your excuse? If so, write them down. For Jolene, the "what ifs" included "What if I go to Paris and can't find my way around?" and "What if I spend the money on the trip and have something catastrophic happen that I should have used the money for instead?"

9. For each of your "what ifs", write down the worst-case scenarios. Here's what Jolene wrote: "What if I go to Paris and can't find my way around? I could end up in a dangerous part of town and get raped or kidnapped or killed. I could get hit by a car."

10. Next, look at your worst-case scenario and write down what you could do to avoid these possibilities. Here's what Jolene wrote: "I can always find someone who speaks English to help me. I can take a map with me or use my smartphone to help me find my way. I can ask around until I find someone who has a friend in Paris - someone I can call upon if I run into problems." For her other "what if", Jolene wrote: "What if I spend the money on the trip and have something catastrophic happen that I should have used the money for instead? I can't live my life worrying about possible catastrophes. If I do, I'll never end up living at all. Maybe it's time I go to Paris!"

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